

# Sex At Dawn How We Mate Why We Stray And What It Means For Modern Relationships

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*Evolution and Human Sexual Behavior* - Peter B. Gray 2013-04-01

A comprehensive survey of the evolutionary science of human sexual behavior, *Evolution and Human Sexual Behavior* invites us to imagine human sex from the vantage point of our primate cousins, in order to underscore the role of evolution in shaping all that happens, biologically and behaviorally, when romantic passions are aroused.

OPEN - Rachel Krantz 2022-01-25

\*\*\*\*\* 'A starkly naked story of a young woman's adventure of self-discovery, told with a striking lack of shame or apology. Highly recommended.' - Dr. Christopher Ryan, author of *Sex At Dawn* 'Smart, original, ambitious, and deeply absorbing memoir... She succeeds by bringing us deftly and irresistibly into her most intimate pains and joys, stretching our understanding of what commitment and autonomy mean.' - Dr. Wednesday Martin, author of *Untrue & Primates of Park Avenue* 'A perfect guide to our new

world, the only problem I had picking up this book was putting it back down. Open compels, entertains, and may ultimately transform its readers.' - Dr. Terry Real, internationally recognised Family Therapist, author, and founder of the Relational Life Institute 'A sexy, messy, necessary look at polyamory' - Advocate When Rachel Krantz met and fell for Adam, he told her that he was looking for a committed partnership - just one that did not include exclusivity. Excited but a little trepidatious, Rachel set out to see whether love and a serious relationship can coexist beyond the familiar borders of monogamy. This is her open and honest true story. Now, in her debut memoir, she chronicles her dive into non-monogamy. With fly-on-the-wall detail and extraordinary perceptiveness, OPEN takes us inside Brooklyn parties and into the wider swinger and polyamory community. Armed with her journalistic instincts, detailed journal entries and interviews with experts and therapists, Krantz

also breaks new ground in confronting the unique ways tacit abuse and gaslighting can manifest when things get so complex.

Unflinching and brazen, OPEN asks what liberation really looks like, and whether the pleasure really is worth the pain.

**Sex at Dawn** - Christopher Ryan 2011-08-01

Since Darwin's day, we've been told that sexual monogamy comes naturally to our species.

Mainstream science — as well as religious and cultural institutions — has maintained that men and women evolved in families in which a man's possessions and protection were exchanged for a woman's fertility and fidelity. In this groundbreaking book, however, Christopher Ryan and Cacilda Jethá argue that human beings evolved in egalitarian groups that shared food, child care, and, often, sexual partners. Weaving together evidence from anthropology, archaeology, primatology, anatomy, and psychosexuality, the authors show how far from human nature monogamy really is. With

intelligence and humour, Ryan and Jethá explain how our promiscuous past haunts our contemporary struggles. They explore why many people find long-term fidelity so difficult; why sexual passion tends to fade even as love deepens; why homosexuality persists in the face of standard evolutionary logic; and what the human body reveals about the prehistoric origins of modern sexuality. Shocking, enlightening, and ultimately inspiring, Sex at Dawn offers a revolutionary understanding of why we live and love as we do.

**Wanting Sex Again** - Laurie Watson

2012-12-04

"I never want to have sex again." If you feel like sex just isn't worth the effort, you're not alone. Forty million American women are frustrated by their lack of sexual passion. They know something's missing—and their husbands know it, too—but the emotional, physical, and mental obstacles to healthy desire can be a knot that seems too tangled to unravel. Drawing on twenty

years of clinical experience, Laurie Watson shows that it really is possible to restore the thrill of sex, using proven psychological methods and personal accounts from actual therapy sessions. Her strategies will:

- Offer a glimpse into the reality of other people's bedrooms
- Address the sexual problems that can develop with life changes—from marriage to motherhood to menopause
- Uncover the hidden factors that impact desire—stress, cultural messages, emotional connection, chemical and hormonal challenges, physical appearance issues, and more
- Show how joyful, meaningful, satisfying sex can be yours again

Candid, practical, and much needed, this book can help you rediscover your sexual self or discover it for the first time. Instead of dreading bedtime, you can look forward to it again.

*The Smart Girl's Guide to Polyamory* - Dedeker Winston 2017-02-07

An intelligent, comprehensive guide to nontraditional and non-monogamous

relationships: "Informative and entertaining."  
—Dr. Elisabeth Sheff, author of *When Someone You Love is Polyamorous*

This practical guidebook offers relationship advice radically different from anything you'll find on the magazine rack, to help women who want to break free of the mold of traditional monogamy—without the constraints of jealousy, possessiveness, insecurity, and competition. The *Smart Girl's Guide to Polyamory* incorporates interviews and real-world advice from women of all ages in nontraditional relationships, as well as exercises for building self-awareness, confidence in communication, and strategies for managing and eliminating jealousy. If you're curious about exploring group sex, opening up your current monogamous relationship, or ready to "come out" as polyamorous, this book covers it all.

**Waking From Sleep** - Steve Taylor 2010-12-01  
How much of your waking time are you fully awake? On the other hand, how often do you

stumble through the day on autopilot, half-asleep and out of contact with yourself, instead of feeling connected and alive? In this astounding book, Steve Taylor suggests that our normal consciousness is really a kind of "sleep" from which we sometimes "wake up" into a more intense and complete reality. He provides what is perhaps the first-ever clear explanation of higher states of consciousness, or "awakening experiences." This work delves into: • the methods we human beings have used throughout history to induce awakening experiences, including meditation, sex, sports, psychedelic drugs, and sleep deprivation • how higher states of consciousness were normal and natural to some of the world's peoples (and still are, in some cases) • and how we can make "wakefulness" our normal state again. By fully explaining awakening experiences, the author makes them much more accessible, which may lead to a revolution in our psychological development as human beings!

**What Do Women Want?** - Daniel Bergner  
2013-06-20

In this headline-making book, Daniel Bergner turns everything we thought we knew about women's desire on its head. Drawing on extensive research and interviews with renowned behavioural scientists, sexologists, psychologists and everyday women, Daniel Bergner asks: - Do women really crave intimacy and emotional connection? - Are women more disposed to sex with strangers or multiple partners than either science or society have ever let on? - And is 'the fairer sex' actually more sexually aggressive and anarchic than men?

**Dawn** - Octavia E. Butler 2012-07-24

An alien race calls on one woman to revive mankind after Earth's apocalypse in this science fiction classic from the award-winning author of Parable of the Sower. Lilith Iyapo has just lost her husband and son when atomic fire consumes Earth—the last stage of the planet's final war. Hundreds of years later Lilith awakes, deep in

the hold of a massive alien spacecraft piloted by the Oankali—who arrived just in time to save humanity from extinction. They have kept Lilith and other survivors asleep for centuries, as they learned whatever they could about Earth. Now it is time for Lilith to lead them back to her home world, but life among the Oankali on the newly resettled planet will be nothing like it was before. The Oankali survive by genetically merging with primitive civilizations—whether their new hosts like it or not. For the first time since the nuclear holocaust, Earth will be inhabited. Grass will grow, animals will run, and people will learn to survive the planet's untamed wilderness. But their children will not be human. Not exactly. Featuring strong and compelling characters and exploring complex themes of gender and species, Octavia E. Butler presents a powerful, postapocalyptic interplanetary epic, as well as a ray of hope for humanity. This ebook features an illustrated biography of Octavia E. Butler including rare images from the author's

estate.

Stepping Off the Relationship Escalator - Amy Gahran 2017-02-03

Love is not one-size-fits-all, yet often people assume that healthy, serious relationships all must follow the same basic path. The - Relationship Escalator- is society's bundle of customs for intimate relationships: monogamy, living together, marriage and more, ideally until death do you part. Beyond this, it might not be obvious what your options are. This book will help you: - Discover less common relationship options that might suit you. - Understand why and how people have unconventional relationships. - Empower you to negotiate about how your relationships work. - Overcome the fear that loving differently means you're doing it wrong. - Make the world a friendlier, safer place for more paths to love. Featuring real stories and insights from hundreds of people, -Stepping Off the Relationship Escalator- explores consensual nonmonogamy, love without living

together, deep connections that pause and resume, and much more. The first in a series of research-based books, this introduction to relationship diversity is both accessible and surprising. LEARN MORE OR ORDER SIGNED COPIES: [OffEscalator.com](http://OffEscalator.com)

**The Origins of Sex** - Faramerz Dabhoiwala  
2012-05-01

A man admits that, when drunk, he tried to have sex with an eighteen-year-old girl; she is arrested and denies they had intercourse, but finally begs God's forgiveness. Then she is publicly hanged alongside her attacker. These events took place in 1644, in Boston, where today they would be viewed with horror. How--and when--did such a complete transformation of our culture's attitudes toward sex occur? In *The Origins of Sex*, Faramerz Dabhoiwala provides a landmark history, one that will revolutionize our understanding of the origins of sexuality in modern Western culture. For millennia, sex had been strictly regulated by the Church, the state,

and society, who vigorously and brutally attempted to punish any sex outside of marriage. But by 1800, everything had changed. Drawing on vast research--from canon law to court cases, from novels to pornography, not to mention the diaries and letters of people great and ordinary--Dabhoiwala shows how this dramatic change came about, tracing the interplay of intellectual trends, religious and cultural shifts, and politics and demographics. The Enlightenment led to the presumption that sex was a private matter; that morality could not be imposed; that men, not women, were the more lustful gender. Moreover, the rise of cities eroded community-based moral policing, and religious divisions undermined both church authority and fear of divine punishment. Sex became a central topic in poetry, drama, and fiction; diarists such as Samuel Pepys obsessed over it. In the 1700s, it became possible for a Church of Scotland leader to commend complete sexual liberty for both men and women. Arguing that the sexual

revolution that really counted occurred long before the cultural movement of the 1960s, Dabhoiwala offers readers an engaging and wholly original look at the Western world's relationship to sex. Deeply researched and powerfully argued, *The Origins of Sex* is a major work of history.

*What Darwin Got Wrong* - Jerry Fodor

2011-02-24

Jerry Fodor and Massimo Piatelli-Palmarini, a distinguished philosopher and scientist working in tandem, reveal major flaws at the heart of Darwinian evolutionary theory. They do not deny Darwin's status as an outstanding scientist but question the inferences he drew from his observations. Combining the results of cutting-edge work in experimental biology with crystal-clear philosophical argument they mount a devastating critique of the central tenets of Darwin's account of the origin of species. The logic underlying natural selection is the survival of the fittest under changing environmental

pressure. This logic, they argue, is mistaken. They back up the claim with evidence of what actually happens in nature. This is a rare achievement - the short book that is likely to make a great deal of difference to a very large subject. *What Darwin Got Wrong* will be controversial. The authors' arguments will reverberate through the scientific world. At the very least they will transform the debate about evolution.

**Thriving in Non Monogamy an Ethical Slut's Guide** - Erin Davidson 2020-10-13

Enjoy the healing power of pleasure as you reflect on your ideal relationship We are all deserving and capable of enjoying fulfilling romantic and sexual relationships. *Thriving in Non-Monogamy* will guide you through the process of getting in touch with your inner ethical slut, evaluating relationship values, honoring your needs and fears, and developing the tools to build relationships that work best for you. Whether that means ethically opening up or

improving a monogamous arrangement, this ethical slut handbook provides stories from people of all genders, sexual orientations, and relationship arrangements who confront their unmet needs, insecurities, internalized trauma, and struggles with open relationships. You'll also find reflection questions to help you approach your own arrangement with curiosity, openness, and compassion. Learn about the principles of being an ethical slut with: No judgment--Thriving in Non-Monogamy breaks down the shame surrounding negative messages that are internalized about sex and relationships. Learning limits--Includes a guide to an ethical slut setting boundaries and rules within open relationships. Thoughtful reflections--Challenge yourself to identify and process difficult emotions and improve relationship communication skills. Ethical slut may sound like an oxymoron, but it is a way of thinking that can teach you to overcome jealousy, enjoy sex, and honor yourself.

Sex at Dusk - Lynn Saxon 2012-07-14  
Sex – just what is it all about? Don't other species just get on with it? What are the conflicts and jealousy, pain and disappointments, really all about? The 2010 book SEX AT DAWN tells us that this modern misery is due to our belief in a false evolutionary story about human pair-bonding and nuclear family units. Christopher Ryan and Cacilda Jethá claim that their evidence shows that before 10,000 years ago sexual constraints did not exist, paternity was not an issue, and men and women engaged in fairly free and casual bonobo-like sexual activity. Our ancestors, they argue, not only shared food, they shared sex. Are they right? Using predominantly the same sources, SEX AT DUSK takes another look at that evidence, fills in many gaps, makes many corrections, and reveals something far less candy-coated. Bringing together evolutionary biology, primatology, anthropology, and human sexuality, SEX AT DUSK shows that, rather than

revealing important facts about our sexual evolution, *Sex at Dawn* shrouds it in a fog of misinformation and faulty logic that can only lead us further into the dark.

### **Mating in Captivity** - Esther Perel 2007-10-30

One of the world's most respected voices on erotic intelligence, Esther Perel offers a bold, provocative new take on intimacy and sex. *Mating in Captivity* invites us to explore the paradoxical union of domesticity and sexual desire, and explains what it takes to bring lust home. Drawing on more than twenty years of experience as a couples therapist, Perel examines the complexities of sustaining desire. Through case studies and lively discussion, Perel demonstrates how more exciting, playful, and even poetic sex is possible in long-term relationships. Wise, witty, and as revelatory as it is straightforward, *Mating in Captivity* is a sensational book that will transform the way you live and love.

### **Be Honest--You're Not That Into Him Either**

- Ian Kerner 2009-10-13

Avoid the booty call blues and get the love -- and sex -- you deserve! Come on. Admit it. He may not be that into you, but were you ever really that into him? He was never "the one," but you lowered your standards and dated him in the meantime. Why? For any number of reasons: you were lonely, you were horny, you thought dating him was better than being alone, all your friends are getting married -- you name it. And before you knew it, you got hung up on the jerk. Go figure. The world is full of sensational women, but in today's market there are too few good men to go around (or so it appears). Now Dr. Ian Kerner, clinical sexologist and author of the smash hit *She Comes First*, explores the battlefield of sex, hook ups, go-nowhere relationships, and the dismal dating treadmill, simultaneously arming women with a sharper set of insights and the tools for change. With humor and sincerity, Kerner shows women how to break the cycle of dating defeat and use the

power of sex to find love, "with a great guy who is into you." So raise your standards -- and reach for the love you deserve!

**Sex at Dawn** - Christopher Ryan 2010

Since Darwin's day, we've been told that sexual monogamy comes naturally to our species. It doesn't, and it never has. Mainstream science—as well as religious and cultural institutions—have long maintained that men and women evolved in families where a man's possessions and protection were exchanged for a woman's fertility and fidelity. But this narrative is collapsing. Fewer and fewer couples are getting married and divorce rates keep climbing as adultery and flagging libido drag down even seemingly solid marriages. In *Sex at Dawn: The Prehistoric Origins of Modern Sexuality*, renegade researchers Christopher Ryan and Cacilda JethÁ debunk almost everything we 'think we know' about sex while offering a bold alternative explanation for why we live and love as we do. With intelligence, humor, and wonder,

Ryan and JethÁ show how our promiscuous past haunts our current struggles regarding monogamy, sexual orientation, and family dynamics. They explore why long-term fidelity can be so difficult for so many; why sexual passion tends to fade even as love deepens; why many middle-aged men risk everything for an affair; why homosexuality persists in the face of standard evolutionary logic; and what the human body reveals about the prehistoric origins of modern sexuality.

The Great Mental Models: General Thinking Concepts - Farnam Street 2019-12-16

The old saying goes, "To the man with a hammer, everything looks like a nail." But anyone who has done any kind of project knows a hammer often isn't enough. The more tools you have at your disposal, the more likely you'll use the right tool for the job - and get it done right. The same is true when it comes to your thinking. The quality of your outcomes depends on the mental models in your head. And most people

are going through life with little more than a hammer. Until now. The Great Mental Models: General Thinking Concepts is the first book in The Great Mental Models series designed to upgrade your thinking with the best, most useful and powerful tools so you always have the right one on hand. This volume details nine of the most versatile, all-purpose mental models you can use right away to improve your decision making, productivity, and how clearly you see the world. You will discover what forces govern the universe and how to focus your efforts so you can harness them to your advantage, rather than fight with them or worse yet- ignore them. Upgrade your mental toolbox and get the first volume today. AUTHOR BIOGRAPHY Farnam Street (FS) is one of the world's fastest growing websites, dedicated to helping our readers master the best of what other people have already figured out. We curate, examine and explore the timeless ideas and mental models that history's brightest minds have used to live

lives of purpose. Our readers include students, teachers, CEOs, coaches, athletes, artists, leaders, followers, politicians and more. They're not defined by gender, age, income, or politics but rather by a shared passion for avoiding problems, making better decisions, and lifelong learning. AUTHOR HOME Ottawa, Ontario, Canada

*Sex, Murder, and the Meaning of Life* - Douglas T Kenrick 2011-04-26

"Kenrick writes like a dream." -- Robert Sapolsky, Professor of Biology and Neurology, Stanford University; author of *A Primate's Memoir* and *Why Zebras Don't Get Ulcers* What do sex and murder have to do with the meaning of life? Everything. In *Sex, Murder, and the Meaning of Life*, social psychologist Douglas Kenrick exposes the selfish animalistic underside of human nature, and shows how it is intimately connected to our greatest and most selfless achievements. Masterfully integrating cognitive science, evolutionary psychology, and complexity

theory, this intriguing book paints a comprehensive picture of the principles that govern our lives. As Kenrick divulges, beneath our civilized veneer, human beings are a lot like howling hyenas and barking baboons, with heads full of homicidal tendencies and sexual fantasies. But, in his view, many ingrained, apparently irrational behaviors -- such as inclinations to one-night stands, racial prejudices, and conspicuous consumption -- ultimately manifest what he calls "Deep Rationality.&" Although our heads are full of simple selfish biases that evolved to help our ancestors survive, modern human beings are anything but simple and selfish cavemen. Kenrick argues that simple and selfish mental mechanisms we inherited from our ancestors ultimately give rise to the multifaceted social lives that we humans lead today, and to the most positive features of humanity, including generosity, artistic creativity, love, and familial bonds. And out of those simple mechanisms emerge all the

complexities of society, including international conflicts and global economic markets. By exploring the nuance of social psychology and the surprising results of his own research, Kenrick offers a detailed picture of what makes us caring, creative, and complex -- that is, fully human. Illuminated with stories from Kenrick's own colorful experiences -- from his criminally inclined shantytown Irish relatives, his own multiple high school expulsions, broken marriages, and homicidal fantasies, to his eventual success as an evolutionary psychologist and loving father of two boys separated by 26 years -- this book is an exploration of our mental biases and failures, and our mind's great successes. Idiosyncratic, controversial, and fascinating, *Sex, Murder, and the Meaning of Life* uncovers the pitfalls and promise of our biological inheritance.

[Sex at Dawn](#) - Christopher Ryan 2010-06-29  
Since Darwin's day, we've been told that sexual monogamy comes naturally to our species.

Mainstream science—as well as religious and cultural institutions—has maintained that men and women evolved in families in which a man's possessions and protection were exchanged for a woman's fertility and fidelity. But this narrative is collapsing. Fewer and fewer couples are getting married, and divorce rates keep climbing as adultery and flagging libido drag down even seemingly solid marriages. How can reality be reconciled with the accepted narrative? It can't be, according to renegade thinkers Christopher Ryan and Cacilda Jethå. While debunking almost everything we "know" about sex, they offer a bold alternative explanation in this provocative and brilliant book. Ryan and Jethå's central contention is that human beings evolved in egalitarian groups that shared food, child care, and, often, sexual partners. Weaving together convergent, frequently overlooked evidence from anthropology, archaeology, primatology, anatomy, and psychosexuality, the authors show how far from human nature monogamy really is.

Human beings everywhere and in every era have confronted the same familiar, intimate situations in surprisingly different ways. The authors expose the ancient roots of human sexuality while pointing toward a more optimistic future illuminated by our innate capacities for love, cooperation, and generosity. With intelligence, humor, and wonder, Ryan and Jethå show how our promiscuous past haunts our struggles over monogamy, sexual orientation, and family dynamics. They explore why long-term fidelity can be so difficult for so many; why sexual passion tends to fade even as love deepens; why many middle-aged men risk everything for transient affairs with younger women; why homosexuality persists in the face of standard evolutionary logic; and what the human body reveals about the prehistoric origins of modern sexuality. In the tradition of the best historical and scientific writing, *Sex at Dawn* unapologetically upends unwarranted assumptions and unfounded conclusions while

offering a revolutionary understanding of why we live and love as we do.

[A Happy Life in an Open Relationship](#) - Susan Wenzel 2020-03-10

Discover the secrets to successful open relationships. *A Happy Life in an Open Relationship* is a handbook to healthy nonmonogamous relationships. For anyone curious about open relationships, here is a valuable handbook from an expert in love, sex, and communication. Relationship therapist Susan Wenzel—who is in an open marriage herself—delivers skillful advice on how to navigate the complex emotional landscape of multi-partner relationships, from polyamory to swinging. • Filled with of compelling personal stories, anecdotes from clients, and practical exercises • A guide to cultivating harmonious and fulfilling open relationships • Author Susan Wenzel is a sex and relationship therapist with years of experience counseling patients on issues related to monogamy, intimacy, and trust.

*A Happy Life in an Open Relationship* will help you develop your trust and communication skills, explore sexuality and desire, build your confidence and self-worth, set healthy boundaries, overcome jealousy, and so much more. People interested in making changes in their relationships will appreciate the positive tone, helpful advice, and expert wisdom from an accomplished relationship therapist who has gone through the experience herself. • A great book for anyone interested in testing the boundaries of monogamy and exploring the world of polyamory • An accessible and inviting guide for couples to build an open relationship that is strong and lasting • Perfect for fans of *Mating in Captivity: Unlocking Erotic Intelligence* and *The State of Affairs: Rethinking Infidelity* by Esther Perel, *The Commitment: Love, Sex, Marriage, and My Family* by Dan Savage, and *Sex at Dawn: How We Mate, Why We Stray, and What It Means for Modern Relationships* by Christopher Ryan

**Mind The Gap** - Dr Karen Gurney 2020-03-05  
'This book taught me so much about female desire. A must read!' Cherry Healey Did you know that there is an orgasm gap of around 30% between heterosexual couples when they have sex? In *Mind The Gap*, Dr Karen Gurney, a clinical psychologist and certified psychosexologist, explores not just this gap, but the gaps in our knowledge of so much of the most important new science around sex and desire. In this book, you will learn that nearly everything that you've been led to believe about female sexuality isn't actually true. And that, despite what you might think, it is possible to simultaneously feel little to no spontaneous desire and have a happy and mutually satisfying sex life long term. Exploring the mismatch between ideas about sex in our society and what the science tells us, *Mind The Gap* also explains how this disconnect lies at the root of many of our sexual problems. Combining science with case studies, practical exercises and tips, this is

a book for anyone who wants to better understand the mechanics of desire and futureproof their sex life, for life.

*The Evolution of Sexuality* - Todd K. Shackelford  
2014-09-12

Attraction, mating, reproduction: it is a given that as a species, human beings are concerned with sex. And whether the study compares sexual behaviors of men and women or considers the proportions between nature and nurture, most roads lead back to our distant ancestors and/or our fellow animals. *The Evolution of Sexuality* collects stimulating new empirical findings and theoretical concepts regarding both familiar themes and emerging areas of interest. Following earlier titles in this series, an interdisciplinary panel of contributors examines topics specific to the whys of male and female sex-related behavior, here ranging from biological bases for male same-sex attraction to the seemingly elusive purpose of the female orgasm. This vantage point between biology and

psychology gives readers profound insights not just into human differences and similarities, but also why they continue to matter despite our vast understanding of culture and socialization. And intriguing dispatches from the humanities review sexual themes in classic works of literature and explore the role of parent-offspring conflict in the English Revolution of the seventeenth century. Among the topics covered: Sexual conflict and evolutionary psychology: toward a unified framework. Assortative mating, caste, and class. The functional design and phylogeny of female sexuality. Is oral sex a form of mate retention behavior? Two behavioral hypotheses for the evolution or male homosexuality in humans. Sperm competition and the evolution of human sexuality. The Evolution of Sexuality will attract evolutionary scientists across a variety of disciplines. Faculty, graduate and undergraduate students, and researchers interested in sexuality will find it a springboard for discussion, debate, and further

study.

**The Myth of Monogamy** - David P. Barash, Ph.D. 2002-05

A lighthearted survey of monogamy and its variations across the animal kingdom challenges the notion that monogamy occurs naturally, profiling examples of animal infidelity and the instincts behind animal sexual behavior. Reprint. 15,000 first printing.

The Moral Animal - Robert Wright 1995-08-29

One of the most provocative science books ever published—"a feast of great thinking and writing about the most profound issues there are" (The New York Times Book Review). "Fiercely intelligent, beautifully written and engrossingly original." —The New York Times Book Review  
Are men literally born to cheat? Does monogamy actually serve women's interests? These are among the questions that have made The Moral Animal one of the most provocative science books in recent years. Wright unveils the genetic strategies behind everything from our sexual

preferences to our office politics—as well as their implications for our moral codes and public policies. Illustrations.

**The Monogamy Gap** - Eric Anderson

2012-03-21

Whether straight or gay, most men start their relationships desiring monogamy. This is rooted in the pervasive notion that monogamy exists as a sign of true love. Yet despite this deeply held cultural ideal, cheating remains rampant. In this accessible book, Eric Anderson investigates why 78% of men he interviewed have cheated despite their desire not to. Combining 120 interviews with research from the fields of sociology, biology, and psychology, Anderson identifies cheating as a product of wanting emotional passion for one's partner, along with a steadily growing desire for emotionally-detached recreational sex with others. Anderson coins the term "the monogamy gap" to describe this phenomenon. Anderson suggests that monogamy is an irrational ideal because it fails to fulfil a

lifetime of sexual desires. Cheating therefore becomes the rational response to an irrational situation. The Monogamy Gap draws on a range of concepts, theories, and disciplines to highlight the biological compulsion of our sexual urges, the social construction of the monogamous ideal, and the devastating chasm that lies between them. Whether single or married, monogamous or open, straight or gay, readers will find The Monogamy Gap to be an enlightening, intellectually compelling, and provocative book.

**The Dawn of the Deed** - John A. Long

2012-10-11

A paleontologist plunges into the fossil record in order to provide a provocative account of prehistoric sex.

**The Ethical Slut** - Dossie Easton 2009

"A practical guide to practicing polyamory and open relationships in ways that are ethically and emotionally sustainable"--Provided by publisher.

*The Evolution of Human Sexuality* - Donald

Symons 1979-08-30

Anthropology, Sexual Studies, Psychology,  
Sociology, Gender and Cultural Studies

**Sex at Dawn** - Christopher Ryan 2011-07-05

In this controversial, thought-provoking, and brilliant book, renegade thinkers Christopher Ryan and Cacilda Jeth  debunk almost everything we “know” about sex, weaving together convergent, frequently overlooked evidence from anthropology, archaeology, primatology, anatomy, and psychosexuality to show how far from human nature monogamy really is. In *Sex at Dawn*, the authors expose the ancient roots of human sexuality while pointing toward a more optimistic future illuminated by our innate capacities for love, cooperation, and generosity.

**Polyamory** - Marissa Blake 2020-01-09

Have a Healthy and Happy Polyamorous Relationship and Make Your Own Rules! During the long and eventful human history, one thing was a constant, up until the 20th century - polyamory or non-monogamy. Ancient

civilizations and middle Ages dynasties considered having more than one partner completely normal and acceptable. Monogamy is even very rare in the animal kingdom; so many scientists claim that being monogamous is not natural for humans. When you think about the fact, that polyamory has been a part of human culture for millenniums, and monogamy only for decades, it turns out that monogamous relationships are the unconventional ones! More and more couples decide to break free of the conservative conventions and try having healthy open marriages or relationships. But how can you have multiple sexual or romantic partners without issues such as jealousy, insecurity, and the society judging you? This book will answer that question, and show you that you can have happy, fulfilling relationships with multiple partners! Here's what the book discusses: The process of transition from monogamous to a polyamorous relationship The difference between polyamory and infidelity How to avoid

destructive feelings of jealousy and possessiveness The many reasons polyamory works, and how you can use it to save your marriage or relationship How to communicate effectively with your partner, and free yourself from imposed and false moral values Methods to protect your health, both physical and mental when having multiple partners And so much more! The important thing to remember is that polyamory is not immoral and bad. Society shapes our opinions and values, but not everyone can be happy living by those rules. Just because someone says it's the right thing to do, doesn't mean it's the right thing for YOU. Monogamy is perfectly normal, but so is polyamory. Make your own rules, break the conservative mold and do whatever makes you happy! Life is too short for settling down and compromising! If you agree, Scroll up, click on "Buy Now with 1-Click", and Get Your Copy Now!

**How To Think More About Sex** - Alain de

Botton 2012-05-10

In this rigorous and supremely honest book Alain de Botton helps us navigate the intimate and exciting - yet often confusing and difficult - experience that is sex. Few of us tend to feel we're entirely normal when it comes to sex, and what we're supposed to be feeling rarely matches up with the reality. This book argues that 21st-century sex is ultimately fated to be a balancing act between love and desire, and adventure and commitment. Covering topics that include lust, fetishism, adultery and pornography, Alain de Botton frankly articulates the dilemmas of modern sexuality, offering insights and consolation to help us think more deeply and wisely about the sex we are, or aren't, having. One in the new series of books from The School of Life, launched May 2012: How to Stay Sane by Philippa Perry How to Find Fulfilling Work by Roman Krznaric How to Worry Less About Money by John Armstrong How to Change the World by John-Paul Flintoff

How to Thrive in the Digital Age by Tom  
Chatfield How to Think More About Sex by Alain  
de Botton

**Taking Sexy Back** - Alexandra H. Solomon  
2020-02-02

“Taking Sexy Back is going directly on my top list of recommended sexuality readings.”  
—Esther Perel, author of *Mating in Captivity* and *The State of Affairs* It is time for a new sexual revolution. It’s time to take sexy back. As women, we’re expected to be sexy, but not sexual. We’re bombarded with conflicting, shame-inducing, and disempowering messages about sex, instead of being encouraged to connect with our true sexual selves. Sexy gets reduced to a performance, leaving us with little to no space to reckon with the complexities of sexuality. In a culture intent on telling you who and how to be, standing in your truth is revolutionary. From relationship expert Alexandra Solomon—author of *Loving Bravely*—Taking Sexy Back is a groundbreaking

guide to deepening your connection to yourself, honoring your desires, and cultivating authentic intimate connections. On these pages, you’ll discover how to deepen your sexual self-awareness, and use that awareness to create experiences that not only pleasure, but elevate, expand, and heal you. You’ll learn to understand your boundaries, communicate what feels good, and bring mindfulness and self-compassion to sex. Most importantly, you’ll embrace your sexuality as an evolving, essential, and beautiful part of your life. Sex is about more than what your partner enjoys or finds sexy. It’s about more than having an orgasm or finding the “right” positions. It’s about you. It’s time to take your sexy back! Named one of *Cosmopolitan's* Best Nonfiction Books of 2020! 2020 Consumer Book Honorable Mention from The Society for Sex Therapy and Research (SSTAR) As featured on *The Morning Show*—Australia's top-rated morning program

*The Longest War* - Peter L. Bergen 2011-06-28

A forefront expert on al Qaeda draws on his unique first-hand interviews with Osama bin Laden, top-level jihadists and Washington officials to offer insight into the war on terror from both sides. By the author of *The Osama bin Laden I Know*. Reprint.

*Untrue* - Martin Wednesday 2019-01-25

What do straight, married female revelers at an all-women's sex club in LA have in common with nomadic pastoralists in Namibia who bear children by men not their husbands? Like women worldwide, they crave sexual variety, novelty, and excitement. In ancient Greek tragedies, Netflix series, tabloids and pop songs, we've long portrayed such cheating women as dangerous and damaged. We love to hate women who are untrue. But who are they really? And why, in this age of female empowerment, do we continue to judge them so harshly? In *Untrue*, Wednesday Martin takes us on a bold, fascinating journey to reveal the unexpected evolutionary legacy and social realities that

drive female faithlessness, while laying bare our motivations to contain women who step out. Blending accessible social science and interviews with sex researchers, anthropologists, and real women from all walks of life, *Untrue* will change the way you think about women and sex forever.

*The Tactical Guide to Women* - Shawn T. Smith 2017-09

*The Tactical Guide to Women* delivers a solid plan for allowing the right women into your life, and keeping the wrong ones at a safe distance. *Civilized to Death* - Christopher Ryan 2020-08-11 The New York Times bestselling coauthor of *Sex at Dawn* explores the ways in which “progress” has perverted the way we live—how we eat, learn, feel, mate, parent, communicate, work, and die—in this “engaging, extensively documented, well-organized, and thought-provoking” (Booklist) book. Most of us have instinctive evidence the world is ending—balmy December days, face-to-face conversation

replaced with heads-to-screens zomboidism, a world at constant war, a political system in disarray. We hear some myths and lies so frequently that they feel like truths: Civilization is humankind's greatest accomplishment. Progress is undeniable. Count your blessings. You're lucky to be alive here and now. Well, maybe we are and maybe we aren't. *Civilized to Death* counters the idea that progress is inherently good, arguing that the "progress" defining our age is analogous to an advancing disease. Prehistoric life, of course, was not without serious dangers and disadvantages. Many babies died in infancy. A broken bone, infected wound, snakebite, or difficult pregnancy could be life-threatening. But ultimately, Christopher Ryan questions, were these pre-civilized dangers more murderous than modern scourges, such as car accidents, cancers, cardiovascular disease, and a technologically prolonged dying process? *Civilized to Death* "will make you see our so-called progress in a whole

new light" (Book Riot) and adds to the timely conversation that "the way we have been living is no longer sustainable, at least as long as we want to the earth to outlive us" (Psychology Today). Ryan makes the claim that we should start looking backwards to find our way into a better future.

*Sex at Dawn* - Christopher Ryan 2021-01-05  
The 10th-anniversary edition of the book that radical re-evaluated the origins and nature of human sexuality. Since Darwin's day, we've been told that sexual monogamy comes naturally to our species. Mainstream science - as well as religious and cultural institutions - has maintained that men and women evolved in families in which a man's possessions and protection were exchanged for a woman's fertility and fidelity. In this groundbreaking book, however, Christopher Ryan and Cacilda Jetha argue that human beings evolved in egalitarian groups that shared food, child care, and, often, sexual partners. Weaving together

evidence from anthropology, archaeology, primatology, anatomy, and psychosexuality, the authors show how far from human nature monogamy really is. With intelligence and humour, Ryan and Jetha explain how our promiscuous past haunts our contemporary struggles. They explore why many people find long-term fidelity so difficult; why sexual passion tends to fade even as love deepens; why homosexuality persists in the face of standard evolutionary logic; and what the human body reveals about the prehistoric origins of modern sexuality. Shocking, enlightening, and ultimately inspiring, *Sex at Dawn* offers a revolutionary understanding of why we live and love as we do. 'Controversial and fascinating.' -Vogue Australia 'Sex At Dawn is the single most important book about human sexuality since Alfred Kinsey unleashed *Sexual Behaviour in the Human Male* on the American public in 1948.' -Dan Savage, author of the internationally syndicated sex-advice column 'Savage Love' and The

Commitment- Love, sex, marriage, and my family 'Sex At Dawn has helped me understand myself and the world so much more clearly.' -Ilana Glazer, co-creator of *Broad City*  
*Savage Love from A to Z* - Dan Savage  
2021-09-21

America's premier sex advice columnist takes on edgier-than-ever sex-positive topics with his signature candor in his first illustrated collection of adults-only essays, coinciding with the 30th anniversary of the *Savage Love* column. Dan Savage has been talking frankly about sex and relationships for 30 years, and has built an international following thanks to his sex-positive *Savage Love* column and podcast. To celebrate this milestone comes *Savage Love from A to Z*, an illustrated collection of 26 never-before-published essays that provides a thoughtful, frank dive into Savage's trademark phrases and philosophies. This hardcover book is for anyone who's had sex, is currently having sex, or hopes to have sex! Essays cover a variety of topics: B Is

for Boredom F Is for Fuck First G Is for GGG (Good Giving Game) M Is for Monogamish Whether he's talking about issues like compatibility or specific sex acts, you can be sure he's giving it to you straight. Short excerpts from his classic columns kick off each essay and cheeky illustrations by his longtime collaborator Joe Newton complement the topic at hand. Savage has moved the needle toward a more open discourse around sex, relationships, and intimacy, and this book will both inspire and inform his legions of fans. An ideal stocking stuffer!

**Sex; Woman First** - Jean-Claude Carvill

2015-07-19

From the One Who Made Squirt Hundred of Hollywood Goddesses. Prepare to become a Sexual Goddess Forever. Don't try to understand my advices but follow them. I promise you will reach your sexual nirvana. You will discover your most secret erogenous zones. You will learn to let go and have the best Orgasm ever. This book

will teach you to have your first vaginal orgasm. If you are a Man, this book will teach you how to never miss her G-spot, make her squirt and soak the bed every time you have sex. It will teach you the perfect oral Sex technique. She will always wonder how you learn about "analingus" her biggest secret pleasure. She will know that you are the one even before you enter in the bedroom. It will teach you how to Penetrate her and drive her crazy. She will wonder how you discover the ultimate sexual power of her A spot or U spot. You will learn about the two vibrators that you absolutely need to drive her insane and how to use them. If you are a Woman it will give you the secret to welcome Sex anytime. It will teach you how to talk about sex and your desire before to enter in the bedroom. This is the only sex book you will ever need. To men and women those secrets will change your entire sex life forever. From the same author: Confessions of a Hollywood Tantra Masseur: The Untold Secret of the G-Spot Power.

*The Boundaries of Desire* - Eric Berkowitz

2015-08-01

The act of reproduction, and its variants, never change much, but our ideas about the meaning of sex are in constant flux. Switch a decade, cross a border, or traverse class lines and the harmless pleasures of one group become the gravest crimes in another. Combining meticulous research and lively storytelling, *The Boundaries of Desire* traces the fast-moving bloodsport of sex law over the past century, and challenges our most cherished notions about family, power, gender, and identity. Starting when courts censored birth control information as pornography and let men rape their wives,

and continuing through the "sexual revolution" and into the present day (when rape, gay rights, sex trafficking, and sex on the internet saturate the news), Berkowitz shows how the law has remained out of synch with the convulsive changes in sexual morality. By focusing on the stories of real people, Berkowitz adds a compelling human element to what might otherwise be faceless legal battles. The law is made by people, after all, and nothing sparks intolerance - on the left and right -- more than sex. Ultimately, Berkowitz shows the emptiness of sanctimonious condemnation, and argues that sexual questions are too subtle and volatile for simple, catch-all solutions.