

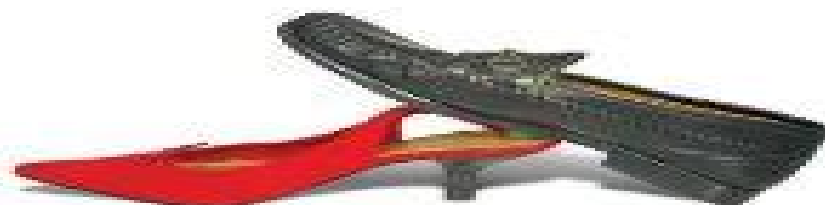
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"*Mating in Captivity* takes a hard line against one of the most time-honored institutions in human history: the sexless marriage. . . . It reads like a cross between the works of Jacques Lacan and *French Women Don't Get Fat*." —*The New Yorker*

# mating in captivity

UNLOCKING EROTIC INTELLIGENCE

Can we desire what we already have?  
Does good intimacy always make for hot sex?



esther perel

# Mating In Captivity Unlocking Erotic Intelligence

**Kathleen Armour**



## **Mating In Captivity Unlocking Erotic Intelligence:**

Mating in Captivity Esther Perel, 2009-10-13 A New York City therapist examines the paradoxical relationship between domesticity and sexual desire and explains what it takes to bring lust home 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

Mating in Captivity Esther Perel, 2026-05-12 A New York City therapist examines the paradoxical relationship between domesticity and sexual desire and explains what it takes to bring lust home 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

**Sexology** Silva Neves, 2022-11-17 Sexology The Basics is the contemporary manual of human sexuality eroticism and intimate relationships It takes you to every corner of the human erotic mind and physiological arousal response for a thorough understanding of all the functional parts of our sexualities including how we bond love and have sex from a broad perspective of diversities in sex gender and relationships from monogamy to polyamory Vanilla to Kink This book bridges the gaps in our knowledge of sex education It is the ultimate guide to answering all the questions you never dared to ask whether you are a student or a professional or want to make sense of our often confusing erotic world

The Normal Bar Chrisanna Northrup, Pepper Schwartz, James Witte, 2014-01-07 Based on data obtained from nearly 100 000 respondents here is the ultimate resource for anyone who wants to learn the relationship tested ways couples can achieve satisfaction and contentment in areas such as communication sex affection and financial cooperation What constitutes normal behavior among happy couples What steps you should take if that normal is one you want to strive for To help answer those questions wellness entrepreneur Chrisanna Northrup teamed with two of America's top sociologists Yale Ph D Pepper Schwartz and Harvard Ph D James Witte to design a unique interactive survey that would draw feedback from around the world What has resulted is the clearest picture yet of how well couples are communicating romancing each other satisfying each other in the bedroom sharing financial responsibilities and staying faithful or not Since the Normal Bar survey methodology sorts for age and gender racial and geographic differences and sexual preferences the

authors are able to reveal for example what happens to passion as we grow older which gender wants what when it comes to sex the factors that spur marital combat how kids figure in how being gay or bisexual turns out to be both different and the same and regardless of background the tiny habits that drive partners absolutely batty The book is dense with revelations from the unexpected popularity of certain sexual positions to the average number of times happy and unhappy couples kiss to the prevalence of lying to the surprising loyalty most men and women feel for their partner even when in a deteriorating relationship to the vivid and idiosyncratic ways individuals of different ages genders and nationalities describe their ideal romantic evening Much more than a peek behind the relationship curtain The Normal Bar offers readers an array of prescriptive tools that will help them establish a new normal Mindful of what keeps couples stuck in ruts the book's authors suggest practical and life changing ways to break cycles of disappointment and frustration

**How to Grow a Baby** Amy Hammer, 2021-10-19 Written by a nurse this holistic guide for pregnancy and the postpartum experience provides foundational knowledge and intuitive wisdom to help new mothers support the optimal health of their baby and their own bodies Get the answers to the big questions about pregnancy What kinds of foods should you eat and how do you prepare your body for labor and birth How does movement impact pelvic health and the baby's position in the womb How does the endocrine system and your brain change throughout pregnancy How does the microbiome influence your and your baby's health Packed with practical information and helpful infographics Amy J Hammer helps you create the optimal environment for growing a baby and navigating the major transitions in a pregnancy including nurturing pelvic floor health the fetal and parental microbiome and the science behind the stages of pregnancy from conception to postpartum By providing vital and often ignored information about reproductive science movement and nourishment this book empowers parents to make informed and personal choices about their pregnancy birth and beyond

**A Relational Psychoanalytic Approach to Couples Psychotherapy** Philip A. Ringstrom, 2014-03-26 This is a model of psychoanalytically oriented couples theory based on ideas from various relational approaches and other psychoanalytic traditions

How to transcend a happy marriage (TCG Edition) Sarah Ruhl, 2019-09-03 This new play is a subversive enchantment It is part absurd domestic seriocomedy part erotic magic realism unflinching about taboos and about questioning that just maybe monogamy isn't enough Linda Winer Newsday Over dinner with another married couple George and her husband grow fascinated by stories of their friend's new acquaintance an intriguing younger woman named Pip What begins as an innocent intellectual discussion turns into a sexually explosive New Year's Eve party after George extends an invitation to Pip and her two live-in boyfriends raising the question What ultimately binds human beings together

*Find Love* Paul Brunson, 2024-02-01 FROM THE HOST OF THE 1 WE NEED TO TALK PODCAST FIND LOVE is more than a book it's a compass for navigating the ever-changing landscape of relationships This book is your toolkit for identifying and connecting with a partner who not only completes you but also strengthens you It is rich with insights supported by research and steeped in heart Paul Brunson From red to green flags

apps speed dating attachment styles trauma dealbreakers compromises and making it past the first date finding love can feel like a minefield In Find Love world renowned relationship expert and Head of Global Research for Tinder Paul Brunson provides you with vital advice for navigating and securing real connections Whether you re single and looking for love or in a relationship and wondering if your partner is the one this book will arm you with the advice skills and simple tools you need to make an informed decision on how to simultaneously love yourself and find the right partner for you Packed with practical advice and brilliantly researched this is a thoughtful deeply helpful and empowering toolkit for all things relating to love and relationships Fearne Cotton Published by Happy Place Books

**Bibliotherapy** Bijal Shah,2024-02-22 Utterly fascinating I have long felt that books can be medicine Now I understand why Read this book Feel better Beth Kempton bestselling author of Wabi Sabi Japanese wisdom for a perfectly imperfect life One of the most fascinating books that I have read in years Beautifully written and full of insights this book demonstrates the healing power of stories and how you can transform your life through bibliotherapy Simon Alexander Ong bestselling author of Energize international keynote speaker and award winning coach In this unique and transformational guide to healing bibliotherapist and counsellor Bijal Shah explores the restorative power of reading Bibliotherapy traces the history of how therapeutic reading evolved including the important role played by the best writers such as the Stoics Montaigne Eliot and Wordsworth In doing so Bijal offers first hand stories from clients who have found solace in great works of literature when struggling with grief relationships or illness Full of practical advice and insights into how bibliotherapy really works Bijal offers an A to Z reading list of books for every mood and need A much needed reminder of how comforting and life changing reading can be Bibliotherapy is a sumptuous celebration of books that will invite you to see them as more than just an escape but a legitimate form of self care

**12-Step Couples Therapy Workbook** Samantha Richards,2025-08-18 Do you ever feel like the two of you are slowly drifting apart A text that never gets answered A sharp tone that leaves a sting The same fight replayed in different words Silence that feels heavier than words It doesn t take betrayal to create distance Most relationships struggle in ordinary ways through stress mismatched expectations and the erosion of small moments of care What starts as love can quietly turn into cold efficiency where partners share a home but not a bond The truth Connection is a skill Repair is a practice And both can be learned together This workbook is a practical playbook built for real couples with real lives You won t find abstract theories or complicated frameworks Instead you ll find short concrete tools you can use immediately phrases that soften conflict rituals that survive busy weeks agreements that stop fights from spiraling and repair strategies that actually land Inside you and your partner will learn how to Build your Team Us identity with a one page charter that sets your purpose decision rules and red lines Catch tension before it explodes using a simple traffic light system that makes stress visible and manageable Write Six Rules of Engagement you can both recall under pressure turning conflict into workable conversations Open softly and get further with phrases that lower defensiveness and protect trust Make your partner feel deeply heard even when you disagree

by mastering validation instead of debate Use timeouts that actually bring you back with a protocol that prevents silence from feeling like rejection Turn fights into workshops designing small testable plans instead of courtroom battles Set boundaries that breathe protecting dignity and privacy without building walls Create time tech and privacy agreements that reduce digital jealousy and prevent late night spirals Decode your real mix of love languages translating preferences into small daily actions that land Rebuild after betrayal with a structured path stabilization no contact agreements trigger regulation and paced reconnection Foster intimacy that adapts lowering brakes raising accelerators and keeping closeness alive across different seasons Build a money system that fits ending recurring fights with short money dates and safeguards against financial secrecy Make the invisible mental load visible so household management stops falling silently on one partner Run your week like a team with a 15 minute operational huddle that prevents chaos and aligns calendars Catch relapses early and recover fast using visible cues and agreed resets before small slips turn into crises Ready to stop the cycle If you've ever thought Why do we keep having the same fight Why do small things turn into big ones so fast Why do I feel like I'm carrying this relationship alone then what you need isn't more effort or better timing What you need is a clear simple set of moves that work under stress and protect the bond you're building This is that set Open the pages Try one move tonight Protect the bond first Make the point second And watch how quickly the climate of your relationship begins to shift

**Enhancing Pleasure for Gay Men** Israel Martinez, 2024-07-09 This book aims to help therapists understand the challenges gay men face in their sex lives providing professionals and gay men with evidence based interventions and clinical tools to help them heal and live overall healthier lives Gay men have unique and debilitating issues that can get in the way of them having pleasurable sex Instead of sex being a space to learn about themselves heal release and receive joy for many sex is fraught with shame anxiety self hate and feeling isolated Written for both professionals and the clients they treat this book aims to heal sex related wounds through sex and in turn improve every aspect of gay men's mental health The book begins by exploring what is special about gay men and sex before looking at assessing and presenting medical issues impacting sexual functioning such as childhood trauma attachment styles body issues anxiety depression long term relationships and parenting and hookup apps It then moves onto clinical interventions to address these issues with intake questionnaires and information on how to adapt sensate focus exercises neuroscience narrative CBT and somatic modalities to provide sex therapy interventions specific to gay men With special focus on marginalized communities within the LGBTQIA community such as trans men BIPOC aging disabled and chronically ill voices this book is essential reading for sex therapists and mental health professionals working with gay men as well as gay men themselves looking to live authentically and happily in their sexual lives

Varney's Midwifery Julia Phillippi, Ira Kantrowitz-Gordon, 2023-09-25 Varney's Midwifery reflects current evidence based guidelines The Seventh Edition addresses care of women throughout the lifespan including primary care gynecology maternity care in a variety of settings and newborn care It also provides new content on social determinants of health the

changing face of the population and the population that midwives serve It is known as the gold standard for midwifery practice      *Black Couples Therapy* Yamonte Cooper, Erica Holmes, 2023-08-10 Most research and couple therapy modalities tend to be normed on white European American couples and fail to include research on Black couples This volume fills a void in the theory research and practice of couples therapy where clinicians have historically not been specifically trained to provide culturally responsive care when addressing the unique experiences and needs of Black couples It aims to provide students researchers and allied mental health professionals with greater awareness knowledge and competency in working with Black couples It assists therapists in developing a working alliance with Black couples and places an emphasis on cultivating environments that are instrumental to decreasing relationship distress and disconnection Black Couples Therapy provides a comprehensive overview of the research and theory behind race and collective identity as well as romantic coupling illustrated by examples of practice      **The Psychology of Sex** Meg John Barker, 2018-04-09 What can psychology teach us about sex How do different bodies and brains respond sexually How can we prevent people being stigmatised for their sexuality The Psychology of Sex takes you on a tour through the different ways that psychologists have created and sustained certain understandings of sex and sexuality Bearing in mind the subjective nature of sex the book explores cultural concerns around sexualisation pornography and sex addiction as well as drawing on research from sexual communities and the applied area of sex therapy When so much of our relationship to sex happens in the mind The Psychology of Sex shows us how important it is to understand where our ideas about sex come from      **Why Love Leads to Justice** David A. J. Richards, 2016 This book tells the stories of notable historical figures whose resistance of patriarchal laws transformed ethical political and legal standards      *The Transparent Brain in Couple and Family Therapy* Suzanne Midori Hanna, 2020-11-29 Bringing together clinical expertise with the latest findings from social affective and cognitive neuroscience this accessible guide outlines how basic concepts of neuroscience and family therapy can be highly relevant to all mental health treatment This expanded second edition includes content on a range of areas including effects of racism poverty violence and childhood abuse on the brain substance abuse and advances in the treatment of depression bipolar disorder and anxiety Grounded in five key tenets of neuroscience the approaches highlighted in this book focus on the safety of secure bonds for children adolescents couples and families as well as how an understanding of neuroscience can be utilized by professionals during trauma therapy The stages of brain development provide a map for practitioners that illustrates dozens of practical daily interventions Chapters discuss neuroscience in light of a range of contemporary dilemmas for client engagement accompanied throughout by fresh case examples worksheets clinical guidelines and step by step interventions Written in a jargon free style The Transparent Brain in Couple and Family Therapy second edition is an essential resource for mental health professionals using neuroscientific principles to bring relief to clients from diverse backgrounds      *Sex Matters for Women* Sallie Foley, Sally A. Kope, Dennis P. Sugrue, 2011-12-13 A guide to help women

understand how their bodies work and to take charge of their sexuality discussing anatomy body image trauma overcoming difficulties and related topics      **Exploring Desire and Intimacy** Gina Ogden,2016-09-13 This integrative book is like having a wise supervisor in the room with you Stop fixing your clients engage them in their own healing through the Four Dimensional Wheel of Sexual Experience Gina Ogden guides you in helping your clients explore the full range of their sexual issues and challenges including couple communication erectile dysfunction vaginismus low desire affairs trauma religious proscriptions pornography use and more Part I offers strategies that correspond to the core knowledge areas required for certification as a sexuality professional while Part II puts these innovative approaches into action through following five case examples from seasoned practitioners The numerous user friendly elements such as quizzes worksheets and hot tips will help you see the larger picture of an issue become fluent with a diversity of sexual identities and behaviors and expand your ability to offer safe ethical evidence based therapy      *New Directions in Sex Therapy* Peggy J. Kleinplatz,2024-10-09 *New Directions in Sex Therapy Innovations and Alternatives Third Edition* focuses on new and cutting edge therapy paradigms as alternatives to conventional clinical strategies challenging practitioners to expand our thinking about how to deal with sexual concerns In the third edition of this award winning book Peggy J Kleinplatz Ph D brings together the best therapists and sexologists to advance beyond predominant approaches to sexual difficulties Part I highlights the major problems and criticisms facing sex therapy and furnishes a rationale for new directions with chapters on ethics heteronormativity and comprehensive sexual education healthcare as human rights issues Part II demonstrates new approaches to dealing with traditional sex therapy concerns including sexual desire discrepancies difficulties with erections and orgasms and sexuality in older couples There is also attention to concerns typically overlooked including those related to consensual nonmonogamy sexuality and disability and marginalized populations This edition is replete with helpful new clinical illustrations across the spectrum of theoretical orientations such as EFT EFIT narrative relational psychodynamic CBT experiential and group therapy modalities to demonstrate these approaches in action There are also queer informed perspectives on sex and relationships and innovative contributions on the person of the therapist and on promoting optimal erotic intimacy This book is intended for students and clinicians who deal with sexual issues and concerns in therapy clinicians of every kind novices and advanced practitioners rather than only those who define themselves as sex therapists      *Treating Out of Control Sexual Behavior* Douglas Braun-Harvey,Michael A. Vigorito,2015-11-05 Out of control sexual behavior referred to variously as sex addiction sexual compulsivity and hypersexuality among other terms has been a controversial and attention getting issue since it first captured both public and professional attention over 30 years ago Previous discussions of this behavior have been grounded in conceptualizing it as a pathologized medical issue on par with substance abuse addictions or in backlash as simply irresponsible behavior indicating weakness in the individual In keeping with the call from many leaders in the mental health and sexual health areas to move beyond these two polarized conceptualizations of these sexual behavior



problems the authors present a model for working with clients in both group and individual treatment settings Based on their experience with hundreds of clients this book provides a comprehensive and practical conceptualization of out of control sexual behavior framed as a sexual health problem within a larger model of human behavior not a psychiatric or addictive disorder The book includes step by step tools for assessment treatment planning as well as treatment implementation It describes a process for professionals to guide clients to define and be accountable for their own personal vision of sexual health as the foundation on which they regain sexual behavior control The authors provide rich and varied composite case examples based on 20 years of clinical experience that demonstrate clinician sexual health treatment conversations and tools as well as stories of hope and guidance so essential to individuals wanting to understand how sexual health can be the essential ally in changing their sexual behavior

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