



# Opening Up: A Guide to Creating and Sustaining Open Relationships

*Tristan Taormino*

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## **Opening Up: A Guide to Creating and Sustaining Open Relationships** Tristan Taormino

Relationship expert and bestselling author Tristan Taormino offers a bold new strategy for creating loving, lasting relationships. Drawing on in-depth interviews with over a hundred women and men, *Opening Up* explores the real-life benefits and challenges of all styles of open relationships — from partnered non-monogamy to solo polyamory. With her refreshingly down-to-earth style and sharp wit, Taormino offers solutions for making an open relationship work, including tips on dealing with jealousy, negotiating boundaries, finding community, parenting and time management. *Opening Up* will change the way you think about intimacy.

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