

## Annotated Bibliography of Our Top Ten (or so) Books and Articles Relevant to our Kink and Polyamory Discussion

Aston, M. C. (2003). *Aspergers in love : couple relationships and family affairs*. Jessica Kingsley. [Amazon Link](#)

Why we cite it: Although some of the language is outdated and the perspectives rather monogamy-oriented, it gives a great overview of some basic research into how those on the autism spectrum approach love, relationships, and family.

Blanton, R. (2020). *Love Letters to a Unicorn*. Rebecca Blanton. [Amazon Link](#)

Why we cite it: Love Letters to a Unicorn explores the world of kink and BDSM through the submissive perspective. This book explores the various aspects of kink: power exchange, fetishes, community and consent.

Easton, D., & Hardy, J. W. (2017). *The ethical slut : a practical guide to polyamory, open relationships and other adventures* (3rd ed.). Ten Speed Press. [Amazon Link](#)

Why we cite it: A classic of polyamory literature. For 20 years The Ethical Slut—widely known as the “Poly Bible”—has dispelled myths and showed curious readers how to maintain a successful polyamorous lifestyle through open communication, emotional honesty, and safer sex practices.

Fern, J. (2022). *Polysecure*. [Amazon Link](#)

Why we cite it: This book is rapidly becoming a contemporary classic in the field. Attachment theory has entered the mainstream, but most discussions focus on how we can cultivate secure monogamous relationships. What if, like many people, you're striving for secure, happy attachments with more than one partner?

Harrington, L., & Williams, M. (2012). *Playing Well With Others*. SCB Distributors. [Amazon Link](#)

Why we cite it: This is a great, straightforward introduction to kink, kink culture, and kink communities. Whether you're a trembling novice or a jaded expert, there's always something new to be discovered in the endlessly changing, complex and titillating world of kink.

Kaldera, R. (2010). *Power Circuits*. [Amazon Link](#)

Why we cite it: It's an exploration of the synthesis of polyamory and kink. Power Circuits is an alliance between two alternative lifestyles: polyamory, or multiple open and honest romantic relationships; and power dynamics, relationships that choose to be consciously and deliberately unequal in power, such as dominant/submissive or master/slave.

Kauppi, M. (2021). *Polyamory*. Rowman & Littlefield. [Amazon Link](#)

Why we cite it: Written for both therapists and their clients, this straightforward, no-nonsense book gives you facts and research, as well as glimpses into how things are actually done in the lives of real people. Plus, it helps guide you on what kind of therapist to seek for your needs as a polyamorous and/or kinky therapy client.

Phoenix, L. (2022). *The Anxious Person's Guide to Non-Monogamy*. Jessica Kingsley Publishers. [Amazon Link](#)

Why we cite it: The VALIDATION. Embarking on a non-monogamous relationship can be a daunting experience, opening old wounds that cause anxiety, fear and confusion, something Lola Phoenix knows about all too well, and shares with courageous honesty.

Rickert, E. (2024). *More Than Two*. (2nd ed.). Thornapple Press. [Amazon Link](#) Also check out the helpful tips in the More Than Two Essentials series, including the short audio program: Rickert, E., & Veaux, F. (2022). *Polyamory and jealousy*. Thorntree Press. [Amazon Link](#) and Gonzalez, A. (2023). *Nonmonogamy and Neurodiversity*. Thornapple Press. [Amazon Link](#)

Why we cite it: Another classic in the field. The love one feels in their heart and the love one expresses through daily acts of care and affection are both "love" in the true sense, but they have different requirements, present different options and produce different outcomes.

Sexsmith, S. (2019, January 29). *The Outermost Bracket™: A Theory on D/s and Non-Monogamy*. Sugarbutch. [Free Article Link](#)

Why we cite it: It helped us frame our own conflicts between the autonomy and egalitarian values of polyamory and the hierarchical structures and requirements of many BDSM dynamics.

van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. Penguin Books. [Amazon Link](#)

Why we cite it: It's the bible of emotional trauma. It has helped countless people's eyes open to how trauma works, why it happens, and what to do about it.