

**SOURCES,
RESOURCES,
AND FACTS
EXPLAINED**



A Peculiar Bibliography for ***The Truth: An Uncomfortable Book About Relationships***

1. We expect love to last forever. Yet as many as 50 percent of marriages and even more remarriages will end in separation or divorce.

- a. Dr. Scott Stanley, research professor and co-director of the Center for Marital and Family Studies at the University of Denver, e-mail correspondence.
- b. “I periodically ask sociologist Paul Amato what he believes a solid prediction would be for couples getting married now for the first time, and I did so again last week. He noted that it is, indeed, ‘difficult to know what’s going on with the divorce rate.’ But taking everything he knows into account—including the most recent elements of the debate noted here—he believes that the lifetime risk of divorce today is 42 to 45 percent. ‘And if you throw in permanent separations that don’t end in divorce,’ he added, ‘then the overall likelihood of marital disruption is pushing 50 percent.’”

Stanley, Scott. “What Is the Divorce Rate, Anyway?: Around 42 Percent, One Scholar Believes,” *The Blog of the Institute of Family Studies*, January 22, 2015, accessed August 1, 2015. <http://family-studies.org/what-is-the-divorce-rate-anyway-around-42-percent-one-scholar-believes/>.

- c. “By the 1980s, most demographic analysts agreed that about one-half of marriages then being contracted would end in divorce (e.g., Cherlin 1981; Glick 1984; Norton 1983). Life table estimates based on more recent data also suggest that nearly one-half of marriages will end in divorce (Raley and Bumpass 2003; Schoen and Standish 2001). Pointing to changes in the timing of divorce, Schoen and Canudas-Romo (2006:756) argued that ‘it is premature to believe that the probability of divorce has begun to decline.’”

Kennedy, Sheila, and Steven Ruggles. “Breaking Up Is Hard to Count: The Rise of Divorce in the United States, 1980–2010,” *Demography* 51, no. 2 (2014): 587-98. Accessed August 1, 2015. http://www.hist.umn.edu/~ruggles/Articles/breaking_up.pdf

- d. “But a consequence of remarriages—which have higher divorce rates than first marriages—is an emerging trend of redivorce, or experiencing multiple divorces.”

Lamanna, Mary Ann, Agnes Riedmann, and Susan Stewart, “Divorce and Relationship Dissolution,” *Marriages, Families, and Relationships: Making Choices in a Diverse Society*, 12th ed. (Stamford: Cengage Learning, 2015), 360.

Further reading:

- e. “Marriage and Divorce: Patterns by Gender, Race, and Educational Attainment,” *Monthly Labor Review*, October 1, 2013, accessed August 1, 2015. <http://www.bls.gov/opub/mlr/2013/article/marriage-and-divorce-patterns-by-gender-race-and-educational-attainment.htm>
- f. Copen, Casey E., Kimberly Daniels, Jonathan Vespa, and William D. Mosher, “First Marriages in the United States: Data From the 2006–2010 National Survey of Family Growth,” *National Health Statistics Reports*, no. 49 (2012), accessed August 1, 2015. <http://www.cdc.gov/nchs/data/nhsr/nhsr049.pdf> - x2013;2010 National Survey of Family Growth [PDF - 419 KB]

2. Among those who are married, only 38 percent actually describe themselves as happy in that state.

- a. “. . . and a 1999 Rutgers University study reporting that a mere 38 percent of Americans who are married describe themselves as actually happy in that state.”

Kipnis, Laura. “. . . And The Pursuit of Happiness,” in *Against Love: A Polemic* (New York: Vintage Books, 2003), 149.

3. 90 percent of couples report a decrease in marital satisfaction after having their first child.

- a. “An eight-year study of 218 couples found 90 percent experienced a decrease in marital satisfaction once the first child was born.”

“Kids Curb Marital Satisfaction,” *LiveScience*, April 8, 2009, accessed August 1, 2015.

<http://www.livescience.com/3473-kids-curb-marital-satisfaction.html>

Further reading:

- b. Kluwer, Esther S. “From Partnership To Parenthood: A Review Of Marital Change Across The Transition To Parenthood,” *Journal of Family Theory & Review*, 2(2), (2010): 105–125. doi:10.1111/j.1756-2589.2010.00045.x.
- c. Scott, Stanley. “Cleanup On Aisle 9 at 35,000 Feet,” *Sliding vs. Deciding: Scott Stanley’s Blog*. April 17, 2009, accessed August 1, 2015. <http://slidingvsdeciding.blogspot.com/2009/04/cleanup-on-aisle-9-at-35000-feet.html>

4. More than 3 percent of babies are not actually fathered by the male parent who thinks he did.

- a. “Across studies, the mean (and median) nonpaternity rate was 3.1% (2.1%). This estimate is consistent with estimates of 2 to 3% from recent reviews on the topic that were based on fewer primary studies. This estimate also rebuts the beliefs and hearsay data widespread among both the public and researchers which contend nonpaternity rates in modern populations might be as high as about 10%.”
- b. Voracek, Martin, Tanja Haubner, and Maryanne L. Fisher. “Recent Decline in Nonpaternity Rates: A Cross-temporal

Meta-analysis,” *Psychological Reports*, no. 103(3) (December 2008): 799-811.

5. “She explained that sex addiction is different for women,” Naomi continues. “Female sex addiction is usually about seeking love.” She tells me that roughly 90 percent of sex addicts entering treatment are men because guys tend to act out, while roughly 90 percent of people with eating disorders are women because they tend to act in.

- a. “Sexual addiction treatment specialists report that approximately 10 to 15 percent of people currently seeking assistance [for eating disorders] are women. Unfortunately, there is no way of knowing how many female sex addicts have sought treatment but not been properly diagnosed. This under-diagnosis stems not only from the aforementioned lack of diagnostic clarity regarding women sex addicts, but from our cultural bias toward sexual behavior.”

“Can Women Be Addicted to Sex?” Recovery Ranch, November 14, 2012, accessed August 1, 2015.

<http://www.recoveryranch.com/articles/sex-addiction/women-sex-addicts/>

- b. “1 in 10 cases of eating disorders involve males.”

“*Males and Eating Disorders*,” National Association of Anorexia Nervosa & Associated Disorders, accessed August 1, 2015.

<http://www.anad.org/get-information/males-eating-disorders/>

6. Eighty-eight percent of sex addicts, she tells us, came from emotionally disengaged families. Seventy-seven percent came from rigid or strict families. And sixty-eight percent say their families were both distant and strict.

- a. Carnes, Patrick J. “Appendix B,” in *Don’t Call It Love: Recovery from Sexual Addiction* (New York: Bantam Books, 1991), 422.

7. In a book on evolution I once read, the writer cited research claiming that gay women have fewer than ten partners on average in their lifetimes whereas gay men have more than a hundred.

- a. “A Kinsey Institute study of gay men in the San Francisco Bay area found that seventy-five percent had more than one hundred partners; twenty-five percent had had more than one thousand . . . Most lesbians have fewer than ten partners in their lifetimes.”

Ridley, Matt. “The Meaning of Homosexual Promiscuity” in *The Red Queen: Sex and the Evolution of Human Nature* (New York, NY: Penguin Putnam, 1994), 182.

8. I think about a book Rick Rubin once showed me. It was about a seventies commune called the Source Family, which was run by a bank robber, vegetarian-restaurant owner, and aspiring rock star known as Father Yod. In the book, there was a photo of him—looking eerily like Rick—sitting outdoors in his commune in the Hollywood Hills with thirteen of his hippie wives and lovers gathered around him, at least two of them pregnant with his children.

- a. Aquarian, Isis, and Electricity Aquarian. *The Source: The Untold Story of Father Yod, Ya Ho Wa 13 and the Source Family* (Los Angeles, CA: Process, 2007), 117

9. I need to hold on to the golden cord that, right now, is connecting my brain to my heart and illuminating the path to my authentic self—or, as the singer and poet Patti Smith once put it, “the clean human being that I was as a child.”

- a. Patti Smith, interview with author for *New York Times* article, “Poet, Singer, Mother: Patti Smith Is Back” published December 12, 1995.

10. The author, Dr. Kenneth Adams, writes: “Covert incest occurs when a child becomes the object of a parent’s affection, love, passion, and preoccupation. The parent, motivated by loneliness and emptiness created by a chronically troubled marriage or relationship, makes the child a surrogate partner. . . . To the child, the parent’s love feels more confining than freeing, more demanding than giving, and more intrusive than nurturing.”

- a. Adams, Kenneth M. “When a Child is Betrayed by a Parent’s Love,” in *Silently Seduced, Revised and Updated: When Parents Make Their Children Partners* (Deerfield Beach: Health Communications, 2011). 15-16.

11. “Alfred Nobel, the same guy who invented dynamite, went on to create the Nobel Peace Prize.”

- a. Fant, Kenne. *Alfred Nobel: A Biography* (New York: Arcade Publishing, 2012).

12. He tucks the book away and hands me a brochure for Sex and Love Addicts Anonymous. The first sentence reads: “We in SLAA believe that sex and love addiction is a progressive illness which cannot be cured but which, like many illnesses, can be arrested.”

- a. *Information About S.L.A.A. for You or Someone You Know* (San Antonio: Fellowship-Wide Services, Inc, The Augustine Fellowship, 2004), 2.
<http://www.slaafws.org/pamphlets/addicted.pdf>

13. Dr. Daniel Amen is a small, balding man—the son of a Lebanese grocery mogul—who has become, according to the *Washington Post*, “the most popular psychiatrist in America.”

- a. Tucker, Neely. “Daniel Amen Is the Most Popular Psychiatrist in America, To Most Researchers and Scientists, That’s a Very Bad Thing,” *Washington Post*, Magazine sec. August 12, 2012, accessed August 11, 2015.
<https://www.washingtonpost.com/lifestyle/magazine/>

daniel-amen-is-the-most-popular-psychiatrist-in-america-to-most-researchers-and-scientists-thats-a-very-bad-thing/2012/08/07/467ed52c-c540-11e1-8c16-5080b717c13e_story.html

14. “Resentment is the anger the Avoidant feels because of thinking he or she has been victimized by the partner’s neediness or by the partner’s ‘demands’ for connection in the relationship.”

- a. Melody, Pia, “The Emotional Cycles of the Love Avoidant,” in *Facing Love Addiction: Giving Yourself the Power to Change the Way You Love* (Harper One, 1992), 55.

15. It’s a printout of an article about a guy named Robert Weiss who runs a treatment center in Los Angeles called the Sexual Recovery Institute.

- a. Ryan, Harriet. “Sex Addiction Rehab a Thriving Industry,” *Los Angeles Times*, November 15, 2010, accessed August 1, 2015. <http://articles.latimes.com/2010/nov/15/entertainment/la-et-sex-addiction-20101115>

16. This is the same profession that said homosexuality was a disease and gave gay people electroshock treatment and lobotomies.

- a. “Since then, the methods used to alter the sexual orientation of homosexuals have often been gruesome: electroshock treatment, castration, clitoridectomy, aversion therapy, hormone treatment, lobotomy, and so on.”

Berkowitz, Eric. *The Boundaries of Desire A Century of Good Sex, Bad Laws, and Changing Identities* (Berkeley: Counterpoint, 2015), 110.

- b. “By the end of the 19th century, medicine and psychiatry were effectively competing with religion and the law for jurisdiction over sexuality. As a consequence, discourse about homosexuality expanded from the realms of sin and crime to include that of pathology. This historical shift was generally

considered progressive because a sick person was less blameful than a sinner or criminal (e.g., Chauncey, 1982/1983; D’Emilio & Freedman, 1988; Duberman, Vicinus, & Chauncey, 1989).”

Herek, Gregory M. “Facts About Homosexuality and Mental Health,” Department of Psychology at the University of California Davis, database, accessed August 1, 2015. http://psychology.ucdavis.edu/faculty_sites/rainbow/html/facts_mental_health.html

- c. “Dr. Irving Bieber, a psychoanalyst and professor who headed a major study in 1962 on the origins of homosexuality, died yesterday at Lenox Hill Hospital in Manhattan . . . Dr. Bieber, a professor emeritus in the psychiatry department at New York Medical College in Valhalla, N.Y., taught psychoanalysis, wrote about it and conducted research into it for 60 years. But he was best known for his controversial view of homosexuality. He believed it was an illness that could be treated or prevented through psychotherapy -- a view that has since been discredited.”

Myers, Steven Lee. “Irving Bieber, 80, a Psychoanalyst Who Studied Homosexuality, Dies,” *New York Times*, August 28, 1991, accessed August 1, 2015. <http://www.nytimes.com/1991/08/28/nyregion/irving-bieber-80-a-psychoanalyst-who-studied-homosexuality-dies.html>

- d. “In Dr. Bieber’s view, of course, homosexuals are psychologically sick, the emotionally disturbed offspring of emotionally disturbed parents . . . Most analysts, psychiatrists and psychologists tend to agree.”

Welch, Paul. “Homosexuality in America,” *Life*, June 1964, Yerba Buena Center for the Arts Facebook photo gallery, accessed August 1, 2015. <https://www.facebook.com/media/set/?set=a.10151952003880283.428337.8421930282&type=3>

17. And, you know what, back then, therapists probably blamed [homosexuality] on smothering mothers also.

- a. “Dr. [Irving] Bieber and his research committee studying the case histories of 106 homosexuals who had been treated by members of the Society of Medical Psychoanalysts found that a remarkable proportion of them had been reared by mothers who babied them all through their childhoods. Typically, the homosexual’s mother regarded him as her favorite, her pride and joy, who must be protected at all costs from the hazards of growing up . . . On the one hand the homosexual’s mother kept him utterly dependent on her, unable to make his own decisions. On the other, she pampered him, catered to his every whim and smothered him with affection.”

Welch, Paul, and Ernest Havemann. “Homosexuality in America: Scientists Search for the Answers to a Touchy and Puzzling Question – Why?” *Life*, June 1964, Yerba Buena Center for the Arts Facebook photo gallery, accessed August 1, 2015. <https://www.facebook.com/media/set/?set=a.10151952003880283.428337.8421930282&type=3>.

18. Doctors used to claim there was a disease called drapetomania—a disorder in which slaves were seized by the irrational and pathological desire to be freed from their masters.

- a. “In 1851, Dr. Samuel A. Cartwright, a Louisiana surgeon and psychologist, filed a report in the New Orleans Medical and Surgical Journal on diseases prevalent among the South’s black population. Among the various maladies Dr. Cartwright described was ‘drapetomania’ or ‘the disease causing slaves to run away.’”

Eakin, Emily. “Bigotry as Mental Illness Or Just Another Norm,” *New York Times*, January 15, 2000, accessed August 11, 2015. <http://www.nytimes.com/2000/01/15/arts/bigotry-as-mental-illness-or-just-another-norm.html>

- b. “Drapetomania, or the disease causing negroes to run away . . . The cause in the most of cases, that induces the negro to run away from service, is as much a disease of the mind as any other species of mental alienation, and much more curable, as a general rule. With the advantages of proper medical advice, strictly followed, this troublesome practice that many negroes have of running away, can be almost entirely prevented, although the slaves be located on the borders of a free state, within a stone’s throw of the abolitionists.”

Cartwright, Samuel A. “Diseases and Peculiarities of the Negro Race,” *De Bow’s Review*, Southern and Western States, XI (1851). PBS – WGBH database. Accessed August 11, 2015. <http://www.pbs.org/wgbh/aia/part4/4h3106t.html>

19. “Sex addiction isn’t even in the DSM,” Calvin goes on, his ovoid face heated red. “It was considered and completely rejected! We’ve been chasing a ghost.”

- a. “Controversy exists over what some mental health experts call ‘hypersexuality,’ or sexual ‘addiction.’ Namely, is it a mental disorder at all, or something else? It failed to make the cut in the recently updated Diagnostic and Statistical Manual of Mental Disorders, or DSM-5, considered the bible for diagnosing mental disorders.”

Wheeler, Mark. “Is Sexual Addiction the Real Deal?” *UCLA Newsroom*, July 18, 2013, accessed August 1, 2015. <http://newsroom.ucla.edu/releases/is-sexual-addiction-the-real-deal-247423>

- b. “The term ‘sexual addiction’ first showed up in the DSM-III in 1980, but was removed in the 1994 edition owing to lack of research. Now it’s back, but only mentioned in passing. The DSM-V doesn’t contain diagnostic criteria or treatment suggestions for sex addiction. In a professional manual that’s already controversial, the sex sections are subject to extra debate.”

Friedman, Ann. “Too Much or Too Little: DSM-V’s Gray Area on Sex Addiction,” *New York, The Cut* sec. May 23, 2013, accessed August 1, 2015. <http://nymag.com/thecut/2013/05/too-much-or-too-little-dsm-vs-gray-area-on-sex.html>

Further reading:

- c. Kafka, Martin P. “Hypersexual Disorder: A Proposed Diagnosis For DSM-V.” *Archives of Sexual Behavior*, no. 39, (2010): 377-400. Accessed August 1, 2015. doi:10.1007/s10508-009-9574-7. http://www.dsm5.org/Research/Documents/Kafka_Hypersexual_ASB.pdf

20. Even Sigmund Freud and Carl Jung, the fathers of modern psychotherapy, appear to have had affairs: the former with his wife’s sister, the latter with a patient. “The prerequisite for a good marriage, it seems to me, is the license to be unfaithful,” Jung wrote in a letter to Freud. And Bill W., the co-founder of Alcoholics Anonymous, was so notorious for cheating on his wife with attractive women who attended sobriety meetings that his colleagues later started calling this type of lechery the thirteenth step.

Editor’s note: “Appear” being the operative word in this sentence. These affairs remain topics of controversy.

- a. “Rumors of a romantic liaison between Freud and his sister-in-law, who lived with the Freuds, have long persisted, despite staunch denials by Freud loyalists. The Swiss psychoanalyst Carl Gustav Jung, Freud’s disciple and later his archrival, claimed that Miss Bernays had confessed to an affair to him. (The claim was dismissed by Freudians as malice on Jung’s part.) And some researchers have even theorized that she may have become pregnant by Freud and have had an abortion.

. . . what was lacking was any proof. But a German sociologist now says he has found evidence that on Aug. 13, 1898, during a two-week vacation in the Swiss Alps, Freud, then 42, and Miss Bernays, then 33, put up at the Schweizerhaus, an inn in

Maloja, and registered as a married couple, a finding that may cause historians to re-evaluate their understanding of Freud's own psychology.”

Blumenthal, Ralph. “Hotel Log Hints at Desire That Freud Didn't Repress,” *New York Times*, December 24, 2006, accessed August 1, 2015.

- b. “Both [Sabina] Spielrein and Jung's feelings for each other continued to deepen in subsequent years. They shared a passionate interest in psychoanalysis that further bonded them. Spielrein was delighted in the parallelism that existed in their thoughts. The result was a stormy love affair between them that continued until the spring of 1909. To what degree the relationship was sexual remains a hotly debated subject.”

Hall, Karen. “Sabina Spielrein,” *Jewish Women's Archive*, accessed August 1, 2015. <http://jwa.org/encyclopedia/article/spielrein-sabina>

- c. “In later letters to Freud in 1909 and 1910 we have confessions of [Carl Jung's] ‘polygamous components’ that got him into a scandal with Spielrein, and late Jung's cryptic assertion that, ‘The prerequisite for a good marriage, it seems to me, is the license to be unfaithful. I in my turn have learnt a great deal.’”

Noll, Richard. “Otto Gross, Nietzscheanism and Matriarchal Neopaganism 1908,” *The Jung Cult: Origins of a Charismatic Movement* (New York: Free Press Paperbacks, 1997), 159.

- d. “[Bill Wilson's] flirtations and adulterous behavior filled him with guilt, according to old-timers close to him, but he continued to stray off the reservation.”

Robertson, Nan. *Getting Better: Inside Alcoholics Anonymous* (Lincoln, NE: IUniverse.com, 2000).

- e. “Old-timers have been seducing newcomers ever since Bill Wilson started the tradition in the 1940s. Since that time, Step 13 has been judged, disparaged, reviled...and perfected.”

Riley, Leah. “The Adventures of a Female 13th-Stepper,” *The Fix*, July 15, 2012, accessed August 1, 2015. <http://www.thefix.com/content/confessions-former-female-13th-stepper-10092>

Further reading:

- f. Covington, Coline, and Barbara Wharton, eds. *Sabina Spielrein: Forgotten Pioneer of Psychoanalysis*. (New York: Brunner-Routledge, 2003).
- g. McGuiness, Kristen. “The 13th Step: People Who Prey on Newcomers,” *The Fix*, April 15, 2011, accessed August 1, 2015. <http://www.thefix.com/content/13th-step>

21. A study on sexual fantasies conducted by researchers at the University of Vermont concluded that 98 percent of men (and 80 percent of women) report having sexual fantasies about people other than their partners.

- a. “In one survey, psychologists at the University of Vermont asked 349 men and women in committed relationships about sexual fantasies. Fully 98 percent of the men and 80 percent of the women reported having imagined a sexual encounter with someone other than their partner at least once in the previous two months. The longer couples were together, the more likely both partners were to report such fantasies.”

Carey, Benedict, and Tara Parker-Pope. “Marriage Stands Up for Itself,” *New York Times*, June 26, 2009, accessed August 11, 2015. <http://www.nytimes.com/2009/06/28/fashion/28marriage.html?pagewanted=all>

22. Even when I finally manage to find a group of researchers studying the benefits of monogamy to society—historically, it’s increased the number of available women and reduced the number of single men, leading to less competition for partners and reduced crime and violence—they admit that not only does their definition

of monogamy not preclude cheating, but they don't believe that monogamy is natural either.

“If it were all genetic, if humans just by nature mated for life and there were a very tight pair-bond,” Professor Peter J. Richerson explains, “then we wouldn't need all these marriage customs.”

- a. Dr. Peter J. Richerson, Department of Environmental Science and Policy, University of California Davis, co-author “The Puzzle of Monogamous Marriage,” from an interview with the author.
- b. “In suppressing intrasexual competition and reducing the size of the pool of unmarried men, normative monogamy reduces crime rates, including rape, murder, assault, robbery and fraud, as well as decreasing personal abuses. By assuaging the competition for younger brides, normative monogamy decreases (i) the spousal age gap, (ii) fertility, and (iii) gender inequality. By shifting male efforts from seeking wives to paternal investment, normative monogamy increases savings, child investment and economic productivity. By increasing the relatedness within households, normative monogamy reduces intra-household conflict, leading to lower rates of child neglect, abuse, accidental death and homicide. These predictions are tested using converging lines of evidence from across the human sciences.”

Henrich, J., R. Boyd, and P. J. Richerson. “The Puzzle of Monogamous Marriage,” *Philosophical Transactions of the Royal Society B: Biological Sciences* (January 23, 2012): 657-69. Accessed August 1, 2015. doi:10.1098/rstb.2011.0290. <http://rstb.royalsocietypublishing.org/content/367/1589/657>

23. As I lie in bed that night reading *Zorba the Greek* (“the backside of the miller's wife, that's human reason,” the eponymous character remarks), my mind keeps turning to Ingrid and replaying things she used to say and do.

- a. Kazantzakis, Nikos. *Zorba the Greek*. Translated by Carl Wildman (New York: Simon & Schuster, 1953), 11.

24. He shakes his head in disappointment. His Alfred Nobel has turned out to be a Robert Oppenheimer.

- a. “Robert Oppenheimer’s name has become almost synonymous with the atomic bomb, and also with the dilemma facing scientists when the interests of the nation and their own conscience collide.”

“J. Robert Oppenheimer,” *A Science Odyssey: People and Discoveries*, PBS.org, accessed August 1, 2015.

<http://www.pbs.org/wgbh/aso/databank/entries/baoppe.html>

25. We’ve been living in the dark ages of relationships. It was the Catholic Church that began a relentless campaign to make monogamy and lifelong marriages inviolable institutions in the ninth century. It’s time to enter an enlightened age of love, sexuality, and attachment.

- a. Stephanie Coontz, professor history and family studies at The Evergreen State College in Olympia, Washington, Director of Research and Public Education for the Council on Contemporary Families, author of *Marriage, A History: How Love Conquered Marriage* (Viking Press, 2005), conversation and e-mail correspondence with author.

26. Where polygamy historically refers to someone married to multiple people simultaneously— polyandry if it’s a woman with multiple men, polygyny if it’s a man with multiple women— polyamory is a more recent and much more broad term meaning “many loves.” It was coined in the early nineties by Morning Glory Zell-Ravenheart, a New Age writer whose name pretty much embodies the post-hippieness of the original poly community. Her neologism spread quickly because, among other reasons, it’s far more graceful than saying “pluralistic relationships” or “multiple-partner relating.”

- a. “Morning Glory Zell-Ravenheart, who has ‘embarked upon her silver ship to the Summerlands’ aged 65, was a self-styled witch and High Priestess of the Church of All Worlds credited with coining the term ‘polyamory’, the practice of having a romantic relationship with more than one person, which has now entered the Oxford English Dictionary.

Morning Glory celebrated their [multi-partner] lifestyle in 1990 in an article entitled ‘A Bouquet of Lovers’, in which she coined the term polyamory (or to be more accurate, ‘poly-amorous’).”

“Morning Glory Zell-Ravenheart,” *The Telegraph*, Obituary sec., July 21, 2014, accessed August 1, 2015.

<http://www.telegraph.co.uk/news/obituaries/10980913/Morning-Glory-Zell-Ravenheart-obituary.html>

27. Traditionally, adultery has been a privilege chiefly reserved for men. Anthropologist Gwen Broude researched 112 different societies and found that 56 percent permitted extramarital sex for husbands, whereas only 12 percent allowed it for women.

- a. “If the nature of the sexual relationship between a husband and wife varies dramatically across cultures, so does the degree to which spouses confine their sexual activities to the marital bond. Extramarital sexual affairs on the part of a husband are accepted in 56 percent of a sample of 112 societies around the world and condemned and punished, sometimes severely, in the remaining 44 percent. The attitude toward a married woman who engages in sexual intercourse with someone other than her husband is less variable. Extramarital sex for woman is condoned in only 12 percent of a sample of 112 cultures and is prohibited in the remaining 88 percent. Thus, there is a pronounced double standard in cultural attitudes toward extramarital sex for husbands versus wives.”

Broude, Gwen. “Variations in Sexual Attitudes, Norms, and Practices,” *New Directions in Anthropology*. Edited by Carol

R. Ember, Melvin R Ember, and Peter N. Peregrine (1st ed. Pearson, 2003) CD-ROM.

28. If that crazy cannibal in Germany could find someone willing to be eaten alive, I can at least find a few women who will let me date other people.

- a. “In March 2001 Meiwes advertised on the internet for a ‘young well-built man, who wanted to be eaten.’ Brandes replied.

On the evening of March 9, the two men went up to the bedroom in Meiwes’ rambling timbered farmhouse. Mr. Brandes swallowed 20 sleeping tablets and half a bottle of schnapps before Meiwes cut off Brandes’ penis, with his agreement, and fried it for both of them to eat.

Brandes—by this stage bleeding heavily—then took a bath, while Meiwes read a Star Trek novel.

In the early hours of the morning, he finished off his victim by stabbing him in the neck with a large kitchen knife, kissing him first.

The cannibal then chopped Mr. Brandes into pieces and put several bits of him in his freezer, next to a takeaway pizza, and buried the skull in his garden.

Over the next few weeks, he defrosted and cooked parts of Mr. Brandes in olive oil and garlic, eventually consuming 20kg of human flesh before police finally turned up at his door.”

Harding, Luke. “Victim of Cannibal Agreed to Be Eaten,” *The Guardian*, December 3, 2003, accessed August 1, 2015. <http://www.theguardian.com/world/2003/dec/04/germany.lukeharding>

29. A puja is a Hindu ritual in which worshippers honor and communicate with a deity.

- a. “Puja is the act of showing reverence to a god, a spirit, or

another aspect of the divine through invocations, prayers, songs, and rituals. An essential part of puja for the Hindu devotee is making a spiritual connection with the divine. Most often that contact is facilitated through an object: an element of nature, a sculpture, a vessel, a painting, or a print.”

“Guide for Teachers: Background Information for Teachers,” *Puja: Expressions of Hindu Devotion*. (Washington, DC: Smithsonian Institute), accessed August 12, 2015. <https://www.asia.si.edu/pujaonline/puja/background.html>

30. I remember watching the documentary *Anatomy of Sex*. It explains that when the penis is limp, that’s when it’s actually tense. The muscles are constricted. When it gets aroused, the penis relaxes. And this allows blood to enter, which expands the spongy tissue and creates the erection.

- a. *Anatomy of Sex*. Directed by Jonathan Grupper. *Anatomical Travelogue* series, Discovery Network, 2005.

31. She makes a little more eye contact than she needs to and laughs at even the bad jokes I make. These are known in the game as indicators of interest.

- a. Strauss, Neil. “Glossary,” in *The Game* (New York: HarperCollins Publishers, 2005), 442.

32. As for STIs, researchers say that HIV hasn’t been any more prevalent among swingers than the general population. As one researcher put it: It’s used as a moral argument, but it’s not a scientific one.

- a. “As for STIs, Edgar Butler, a professor at the University of California who’s extensively researched the Lifestyle, says that HIV hasn’t been any more prevalent among swingers than the general population. ‘It’s not used as a medical argument,’ he explained to one journalist. ‘It’s used as a moral one.’”

Gould Terry. *The Lifestyle: A Look at the Erotic Rites of Swingers* (Toronto: Random House Canada, 1999), 227.

33. According to a copy of O magazine I once read in Sheila's waiting room, polygamous men live nine years longer, on average, than monogamous men.

- a. McCandless, David. *O*, January 2010, Infographic. 94.

34. According to evolutionary theory, it's supposed to be men who are wired to get more upset when a woman has sex with someone else because his genes won't be passed on if he raises children who aren't his; women have supposedly evolved to get more upset when a man has an emotional affair with someone else because of the fear of losing his support and protection.

- a. "The debate shapes up like this. Evolutionary psychologists argue that sex differences in jealousy are a legacy of humankind's past, a biological imperative that no amount of reason, no veneer of civilization, can entirely quash. In other words, genes for traits that characterized the earliest humans shape how we think, feel and act, even if we are doing that thinking, feeling and acting in cities rather than in caves. In particular, men fly into a rage over adultery because to do so is hard-wired into their genes (not to mention their jeans). The reason is that a man can never be altogether sure of paternity. If, at the dawn of humanity, a man's partner slept around, he could have wound up inadvertently supporting the child of a rival; he would also have had fewer chances of impregnating her himself. That would have given him a poor chance of transmitting his genes to the next generation. Or, put another way, only men who carried the gene that made them livid over a spouse's roaming managed to leave descendants. Says UT's Buss, 'Any man who didn't [do all he could to keep his wife from straying sexually] is not our ancestor.'"

For a woman, the stakes are different. If her partner sired another's child, his infidelity could have been over in minutes.

(OK, seconds.) But if he became emotionally involved with an other woman, he might have abandoned wife No. 1. That would have made it harder for her to raise children. So women are evolutionarily programmed to become more distressed at emotional infidelity than sexual infidelity.

Begley, Sharon. “Infidelity and the Science of Cheating,”

SharonBegley.com, accessed August 1, 2015.

<http://www.sharonlbegley.com/infidelity-and-the-science-of-cheating>

35. As I write this, there’s a story in the news about a Nigerian man with six wives. He was attacked with knives and sticks by five of them for paying too much attention to the sixth. According to the article, the five disgruntled wives demanded that he have sex with all of them, and then “raped him to death.”

- a. “A well known man married to six women in a small Nigerian town has allegedly been ‘raped to death’ by his wives.

Uroko Onoja, a businessman living in Ogbadibo, returned from a local bar at 3 a.m. and headed to his youngest wife’s room. At that time, the other wives - who are said to have planned their attack while Onoja was away - entered the young woman’s room ‘with knives and sticks, demanding that their husband have sex with all of them at once,’ Nigeria’s Daily Post reports.”

Onoja allegedly stopped breathing when the fifth wife was en route to his bed.”

Wells, Charlie. “Nigerian Husband of Six ‘Raped to Death’ by Wives Demanding His Attention,” *New York Daily News*, July 25, 2012, accessed August 1, 2015.

<http://www.nydailynews.com/news/world/nigerian-husband-raped-death-wives-demanding-attention-article-1.1121792>

36. In Muslim countries where polygamy is allowed, some advocates say that it keeps husbands from having affairs.

- a. “Abed Awad, a family law attorney in New Jersey, says for many Muslim men, multiple wives means many children — which is considered a blessing in Islam. And since Islam allows for sexual relations only in marriage, polygamy legitimizes the relationship in God’s eyes.

Awad says conservative Muslims argue that in polygamy, ‘You’re actually responsible for that person as your spouse. And the sexual relationship becomes a relationship of love and companionship as opposed to just a sexual fling.’”

“Some Muslims in U.S. Quietly Engage in Polygamy,” *All Things Considered*, VPR Vermont Public Radio, May 27, 2008, accessed August 1, 2015.

<http://www.npr.org/templates/story/story.php?storyId=90857818>

- b. “Polygamy protects the interests of women and children in society. Men, in Western society make the laws. They prefer to keep polygamy illegal because it absolves them of responsibility. Legalized polygamy would require them to spend on their additional wives and their offspring. Monogamy allows them to enjoy extra-marital affairs without economic consequence.”

Philips, Bilal. “Islam’s Position on Polygamy,” *Islam’s Women*, accessed August 1, 2015.

https://www.islamswomen.com/marriage/islams_position_on_polygamy.php

37. It’s disturbing how, as soon as they reach the pinnacle of their power, one of the first things so many choose to do is sleep with—and often control the development of—underage girls. Even one of Muhammad’s eleven wives was a preteen.

- a. “Narrated by Aisha: The Prophet engaged me when I was a girl of six (years). We went to Medina and stayed at the home of Bani-al-Harith bin Khazraj. Then I got ill and my hair fell down. Later on my hair grew (again) and my mother, Um Ruman, came to me while I was playing in a swing with some of my girl friends. She called me, and I went to her, not knowing what she wanted to do to me. She caught me by the hand and made me stand at the door of the house. I was breathless then, and when my breathing became Allright, she took some water and rubbed my face and head with it. Then she took me into the house. There in the house I saw some Ansari women who said, ‘Best wishes and Allah’s Blessing and a good luck.’ Then she entrusted me to them and they prepared me (for the marriage). Unexpectedly Allah’s Apostle came to me in the forenoon and my mother handed me over to him, and at that time I was a girl of nine years of age.”

“Sahih Bukhari,” *Sahih-Bukhari.com*, accessed August 1, 2015.
http://www.sahih-bukhari.com/Pages/Bukhari_5_58.php

- b. “Over the course of his life, Muhammad had about a dozen wives, depending on how one counts.”

Ali, Kecia. *The Lives of Muhammad* (President and Fellows of Harvard College, 2014), 116.

38. At Oneida, a nineteenth-century utopian community that considered monogamy a sin, men were forbidden from having orgasms during intercourse without authorization, and a committee approved hookups to make sure people weren’t coupling off. Similarly, the Kerista commune in San Francisco, where terms like compersion and polyfidelity were invented in the seventies, was another group run by a narcissist with strict rules, which included forbidding members from masturbating or having group sex.

- a. “All the men at Oneida were thought to be linked in divine marriage to all the women. Many community members had

two or three different partners a week. To avoid unwanted pregnancies and to insure maximum pleasure for women, the Oneidans practiced coitus reservatus, or, as Noyes called it, male continence—intercourse without ejaculation.

Controversial in its day and unduly neglected in ours, the Oneida Community is described skillfully by [author] Spencer Klaw, who makes use of rare documents relating to the community to provide the first full account of it. Mr. Klaw, the author as well of ‘The New Brahmins: Scientific Life in America,’ delves into virtually every aspect of life at Oneida, including its most distinctive feature, a communal sexual arrangement known as complex marriage.

Couples who drifted toward ‘idolatrous’ (that is, monogamous) love or who broke the rule of male continence were chastised publicly at group discussion meetings . . . Young people, in particular, grew tired of being assigned older lovers they often found undesirable.”

Reynolds, David S. “Complex Marriage, to Say the Least,” *New York Times*, October 24, 1993, accessed August 1, 2015.

<http://www.nytimes.com/1993/10/24/books/complex-marriage-to-say-the-least.html>

- b. “The hardest rule for Hawley, a dental assistant, was the one forbidding ‘special love.’ To prevent such romantic attachments [in the Oneida community], a committee cleared all sexual liaisons and kept people circulating. Eventually, Noyes became interested in ‘scientific breeding’ to create a spiritually superior race. In 1869, he initiated the only major eugenics experiment undertaken in America. Noyes himself sired nine of the 58 ‘stirpicults,’ as he termed the children born of committee-approved parents.”

“Diary Offers a Peek Into Communal Society: Recently Opened Archives Provide Material for Books on the Oneida Community of Christian Perfectionists, a 19th-Century Experiment in Group Living, Socialist Industry and

Idiosyncratic Sex,” *Los Angeles Times*, February 26, 1994, accessed August 1, 2015.

[http://articles.latimes.com/1994-02-26/local/me-27339_1_oneida-community ed.](http://articles.latimes.com/1994-02-26/local/me-27339_1_oneida-community-ed)

“Oneida was an experiment in rigid self-control. People had more than one sexual partner, but not at the same time and not out of whim. The community monitored sexual liaisons with an eye toward breeding better people.”

Moore, Robert L. *Selling God: American Religion in the Marketplace of Culture* (New York: Oxford University Press, 1994), 134.

[Noyes, leader of the community wrote:] “The community has had no trouble from retention of seed; but on the other hand, has nearly exterminated masturbation by the reflex influence of Male Continence. Masturbation is a disreputable branch of the same seed-wasting business that is carried on more decently in ordinary matrimonial intercourse, and is evidently destined to pass away with it.”

“Male Continence: Noyes and the Oneida Experiment,” Reuniting: Healing with Sexual Relationships, June 4, 2005, accessed August 1, 2015.

http://www.reuniting.info/wisdom/male_continence_noyes_oneida

- c. “[Kerista] the commune that invented the words ‘polyfidelity’ & ‘compersion’ based in the Haight-Ashbury of San Francisco from 1971-1991.”

“Herstory,” *Kerista.com*, accessed August 1, 2015.

<http://www.kerista.com/herstory.html>

- f. “#5 - Wholesome Sexual Practices [in the Kerista commune]
- Sex always in the context of loving mutual reciprocity
 - No group sex

- No mock or real sado-masochistic sexuality, bondage and discipline, or other unequal or harmful roles/practices
- No bestiality, use of objects
- No pedophilia
- No incest
- No voyeurism
- No masturbation
- No service-oriented or performance-oriented sex
- No overt displays of physical affection between adults not in the same B-FIC, or in public between B-FIC members
- Non-manic, non-compulsive, moderate attitude towards sex”

“Utopian Social Contract of Kerista Village” in *Kerista Village Handbook*, February 1979, accessed August 1, 2015.

<http://www.kerista.com/kerdocs/26.html>

39. In Hebrew, the word for co-wives is *tzara*, which tellingly also translates as *rival*.

- a. Dr. Judith R. Baskin, Associate Dean, Humanities department, University of Oregon, author of *Midrashic Woman: Formations of the Feminine in Rabbinic Literature* (2002), e-mail correspondence.

40. Then there’s the Mormon prophet Brigham Young, who, like Father Yod, opened up his monogamous marriage soon after he felt a religious calling, except that he took on an astonishing fifty-four additional spouses. And they were almost the death of him. At one point, he told his wives to leave if they weren’t happy, proclaiming, “I will go into heaven alone rather than have [you all] scratching and fighting around me.”

- a. Dr. John Turner, George Mason University, author of *Brigham Young: Pioneer Prophet* (2012), e-mail correspondence.

- b. Lee, John D. *Mormonism Unveiled: The Life and Confession of John D. Lee and the Complete Life of Brigham Young* (Albuquerque: University of New Mexico Press, 2008), 25.

Further reading:

- c. Johnson, Jeffrey O. “Determining and Defining ‘Wife’: The Brigham Young Households,” *Dialogue: A Journal of Mormon Thought* 20, no. 3 (Fall 1987): 57-70.

41. Researchers at Princeton University did a study on the correlation between money and happiness. As people’s incomes rose up to \$75,000 annually, their happiness increased. But at incomes beyond that, people on average did not become happier.

- a. “People’s emotional well-being - happiness - increases along with their income up to about \$75,000, researchers report in Tuesday’s edition of Proceedings of the National Academy of Sciences.

For folks making less than that, said Angus Deaton, an economist at the Center for Health and Wellbeing at Princeton University, ‘Stuff is so in your face it’s hard to be happy. It interferes with your enjoyment.’

Deaton and Daniel Kahneman reviewed surveys of 450,000 Americans conducted in 2008 and 2009 for the Gallup-Healthways Well-Being Index that included questions on people’s day-to-day happiness and their overall life satisfaction.

Happiness got better as income rose but the effect leveled out at \$75,000, Deaton said. On the other hand, their overall sense of success or well-being continued to rise as their earnings grew beyond that point.

‘Giving people more income beyond 75K is not going to do much for their daily mood ... but it is going to make them feel they have a better life,’ Deaton said in an interview. Researchers at Princeton University did a study on the correlation between money and happiness. As people’s incomes rose up to \$75,000

annually, their happiness increased. But at incomes beyond that, people on average did not become happier.

“Study: Money Does Buy Happiness - To a Point,” *CBS News*, September 6, 2010, accessed August 1, 2015.
<http://www.cbsnews.com/news/study-money-does-buy-happiness-to-a-point>

42. “There is nothing frenzied about debauchery, contrary to what is thought,” Albert Camus once wrote. “It is but a long sleep.”

- a. Camus, Albert. *The Fall* (New York, NY: Vintage International, 1991), 105.

43. “I promise,” I told him. Then I searched mongering online until I found his particular definition of the word: whoring, especially in a foreign country.

- a. “Another gent who’s easy to find is Jonesie, who has been the administrator of a message board called Monger Network since 2010. He doesn’t have a problem with being called a “monger,” because all of the women he does business with are older than 18 and are not being exploited, he says. He then adds that he sleeps with prostitutes as an alternative to North American relationships.”

Conti, Allie. “Cubadave’s Sex Tourism Empire in Jeopardy,” *Miami New Times*, December 12, 2013, accessed August 1, 2015.
<http://www.miaminewtimes.com/news/cubadaves-sex-tourism-empire-in-jeopardy-6394213>

44. So many people much wiser than myself—Prince Charles, Bill Clinton, General Petraeus—have cheated on their wives. Can I really hope to succeed where the world’s leaders have failed?

- a. “An effort to paint a more human and appealing portrait of the Prince of Wales appeared to backfire tonight when, in the course of a two-and-a-half-hour television documentary, the

heir to the British throne admitted that he had committed adultery.”

Darton, John. “Prince Charles, in TV Documentary, Admits to Infidelity,” *New York Times*, June 30, 1994, accessed August 1, 2015. <http://www.nytimes.com/1994/06/30/world/prince-charles-in-tv-documentary-admits-to-infidelity.html>

- b. “Former President Bill Clinton called his affair with Monica Lewinsky, a White House intern, “a terrible moral error” and sought to explain how his family handled the crisis in an interview with Dan Rather on the CBS program “60 Minutes,” to be broadcast Sunday.”

Radsch, Courtney C. “Bill Clinton, on ‘60 Minutes,’ Speaks of Affair With Intern,” *New York Times*, June 17, 2004, accessed August 1, 2015. <http://www.nytimes.com/2004/06/17/us/bill-clinton-on-60-minutes-speaks-of-affair-with-intern.html>

- c. “Mr. Petraeus stands to lose as he faces a possible criminal indictment two years after an extramarital affair cost him his job as director of the Central Intelligence Agency. These days he keeps a far lower profile in a capital where he was once celebrated as the greatest general of his generation.”

Stolberg, Sheryl Gay. “After Scandal, Petraeus Stays Under Radar, but Not Out of the Spotlight,” *New York Times*, February 27, 2015, accessed August 1, 2015. <http://www.nytimes.com/2015/02/28/us/after-washington-petraeus-is-under-radar-but-not-out-of-spotlight.html? r=0>

45. One science writer summarized these findings thus: “Devoted fathers and faithful partners are born, not made or shaped by a father’s example.”

- a. “Male monogamy may therefore be somewhat predetermined for each individual and passed down genetically to the next

generation. It may be devoted fathers and faithful partners are born, not made or shaped by a father's example.”

Brizendine, Louann. *The Female Brain* (New York, NY: Doubleday Broadway Publishing Group, 2006), 74.

46. They place people on a graph divided into four quadrants, running from low anxiety to high anxiety on the x-axis and high avoidance to low avoidance on the y-axis. Each quadrant determines a different attachment style: High avoidance and high anxiety would be fearful-avoidant attachment, similar to love avoidance; high anxiety and low avoidance would be preoccupied attachment, similar to love addiction; high avoidance and low anxiety would be dismissing attachment, a more extreme form of love avoidance in which relationships are rejected almost altogether because no partner is perceived as worthy.

- a. “Attachment Styles and Close Relationships Survey,” accessed August 1, 2015.
<http://www.web-research-design.net/cgi-bin/crq/crq.pl>

47. In such a short amount of time and with much less struggle, Ingrid is already on this journey with me. And together we are learning that, to paraphrase the relationship writer Harville Hendrix, the unconscious purpose of a long-term relationship is to finish childhood. Or, as psychiatrist Eric Berne puts it even more succinctly, “Love is nature’s psychotherapy.”

- a. “Actually, a good loving relationship with anyone is healing. Eric Berne, founder of transactional analysis, once said, ‘Love is nature’s psychotherapy.’”

Bradshaw, John. *Bradshaw on the Family: A New Way of Creating Solid Self-esteem* (Deerfield Beach, FL: Health Communications, 1996), 232.

- b. “For the sake of clarity, I would like to reduce the discussion in these first five chapters to its simplest form. First of all, we choose our partners for two reasons:

1. They have both the positive and the negative qualities of the people who raised us.
2. They compensate for positive parts of our being that were cut off in childhood. We enter the relationship with the unconscious assumption that our partner will become a surrogate parent and make up for all the deprivation of our childhood. All we have to do to be healed is to form a close, lasting relationship.”

Hendrix, Harville. *Getting the Love You Want: A Guide for Couples* (New York: Henry Holt and Company, LLC, 1988), 80.

- c. “When two individuals surrender their centrality, something unexpected occurs – the relationship itself becomes the center. Once that fundamental shift occurs, they can begin to work with the unconscious purpose of their relationship, not against it. They can begin to accept the fact that being in an intimate love relationship calls forth all the unresolved issues of their childhood, and that they can learn how to work together to resolve them. We are born in relationship, we are wounded in relationship, and we can be healed in relationship. Indeed, we cannot be fully healed outside of a relationship.”

Hendrix, Harville. *Getting the Love You Want: A Guide for Couples* (New York: Henry Holt and Company, LLC, 1988), xix.

48. I also recommend taking Patrick Carnes’s Post-Traumatic Stress Index test online to understand the ways your past haunts your behavior today. (Use the original PTSD test, not the revised PTSD-R.)

- a. Carnes, Patrick J. and David L. Delmonico, *Post-Traumatic Stress Index* (A New Frontier, 2008). Accessed August 1, 2015. <http://www.mi-pte.org/sudppps2011/Shannon-PTSD.pdf>.