

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

In this controversial, thought-provoking, and brilliant book, renegade thinkers Christopher Ryan and Cacilda Jethá 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.

The 10th-anniversary edition of the book that radical re-evaluates 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 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.

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.

Kathy is a virgin in her twenties trying to navigate the blurred lines between sex and love even as outside forces attempt to detach her from her sexual autonomy. At home, her adoptive mother's eyes investigate her body for evidence of sexual promiscuity and, despite her protests, she is called a putana—a whore—for her perceived sexual debauchery. At work, meanwhile, she is sexually harassed by male managers who slap her butt, tell her they want Greek for lunch (wink, wink), and fill out recommendation forms about her sexy qualities. A young girl on the cusp of womanhood, she encounters a version of herself as men experience her: hypersexualized and objectified. As if this is not enough, Kathy enters the dating scene in search of love only to find herself fending off young men who want her just for sex. In each relationship, Kathy uncovers her own strength and conviction as she fights for the kind of sex

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she wants instead of the kind of empty sex boys seem to require of girls. The more demands they make, the more determined she is to hold out for love—even if it means losing a guy or going home single and alone. Raw and empowering, *The Virgin Chronicles* sends the message that love is worth waiting for and sex is better when it's paired with self-actualization.

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

Summary of Christopher Ryan's *Sex at Dawn* by Swift Reads

Why We Are, the Way We Are: The New Science of Evolutionary Psychology

Forever . . .

The Myth of Monogamy

Cheap Sex

How We Mate, Why We Stray, and What It Means for Modern Sexuality

A new personalized way to find the perfect job—while staying calm during the process. You are so much more than a resume or job application, but how can you communicate that to your potential employer? You need to learn to ask the right questions, stop using job sites, and start doing the work that actually counts. Based on information gained from over 400,000 individuals who have used these exercises, this book reveals career expert Dev Aujla's tried-and-tested method for job seekers at every stage of their career. Filled with anecdotes and advice from professionals ranging from a wilderness guide to an architect, it includes quick-step exercises that help you avoid the common pitfalls of navigating a modern career. Whether you've just decided to start the hunt or you're gearing up for a big interview, *50 Ways to Get a Job* will keep you poised, on-track, and motivated right up to landing your dream career.

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.

In this reimagining of *The Arabian Nights*, Shahrzad plans to avenge the death of her dearest friend by volunteering to marry the murderous boy-king of Khorasan but discovers not all is as it seems within the palace.

*Sex at Dawn: How We Mate, Why We Stray, and What It Means for Modern Relationships* (2010) details how the courtship habits of humanity's closest primate relatives, the lives of early humans, and the sexual rituals of nomadic tribes all shed light on the true urges underlying human sexuality. Many anthropologists assert that monogamy comes naturally to humans; to support their thesis, they point toward relationship customs that have existed in various civilizations for centuries... Purchase this in-depth summary to learn more.

Like *Freakonomics*, *Dollars and Sex* takes economics and converts it into a sexy science by applying the principles of supply and demand, and other market forces, to matters of love, courtship, sex, and marriage. As she does in her hugely popular blog, author Marina Adshade explores the marketplace for sex and love using research, economic analysis, and humor to reveal just how central the interplay of libido, gender, love, power, and economic forces is to the most important choices we make in our lives. Call it "Sexonomics."

*Dollars and Sex*

*The Truth about Desire, and How to Futureproof Your Sex Life*

*The Smart Girl's Guide to Polyamory*

*How Economics Influences Sex and Love*

*How We Mate, Why We Stray, and What It Means for Modern Relationships* by Christopher Ryan and Cacilda Jethá

*Sexual Intelligence*

*50 Ways to Get a Job*

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

***This is not your standard sex book. Sex therapist, sociologist, and Psychology Today contributor Dr. Marty Klein goes beyond the sex manuals to reveal how our mindsets during sex are more important than any tricks or techniques—and that the way to a healthier, more exciting, more fulfilling sex life lies in first developing our sexual intelligence. This book is the antidote to the many gimmick-oriented sex guides and manuals; Dr. Klein shows us how to reorient how we think about sex in order to experience a truly different way of being sexual.***

***“Marty Klein is the Steve Jobs of sex advice. . . . Sexual Intelligence is a work of enormous wisdom and expansiveness, and will inspire readers, regardless of age, to realize their full sexual potential.” —Ian Kerner, best-selling author of She Comes First***

***From the #1 New York Times bestselling author of Primates of Park Avenue, a bold, timely reconsideration of female infidelity that will upend everything you thought you knew about women and sex. 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, feminist author and cultural critic 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 challenges our deepest assumptions about ourselves, monogamy, and the women we think we know. From recent data suggesting women may struggle more than men with sexual exclusivity to the revolutionary idea that females of many species evolved to be "promiscuous" to Martin's trenchant assertion that female sexual autonomy is the ultimate metric of gender equality, Untrue will change the way you think about women and sex forever.***

***What if great sex wasn't just great sex: what if great sex could actually change your life? A groundbreaking and intriguing look at how each one of us can grab a better life through better sex, this book lays out a bold yet simple path for uncovering desire and maximizing its effects. You will learn how to discover your true desires, understand what they mean, and use those secrets to create powerful change.***

***Sex scholarship has a long history in anthropology, from the studies of voyeuristic Victorian gentlemen ethnographers, to more recent analyses of gay sex, transsexualism, and the newly visible forms of contemporary sexuality in the West. The Anthropology of Sex draws on the comparative field research of anthropologists to examine the relationship between sex as identity, practice and experience. Sexual cultures vary enormously and, while often the topic of tabloid titillation, they are more rarely subjected to strict cultural analysis. The Anthropology of Sex is the first work to critically synthesise over a century of comparative expertise, knowledge and understanding of diverse sexual forms. - Explores sexuality from diversity to***

***perversity and asks how diverse sexual practices are linked. - Probes the cultural and comparative context of contemporary sexual practice and belief. - Examines the shaping of sex by global and globalizing forces. The Anthropology of Sex will be key reading for undergraduate and postgraduate courses in anthropology and related disciplines.***

***Evolution of Consciousness***

***Waking From Sleep***

***The Virgin Chronicles***

***How We Mate, Why We Stray, and What It Means for Modern Relationships***

***Summary of Christopher Ryan's Sex at Dawn by Swift Reads***

***What We Really Want from Sex--and How to Get It***

***Why Nearly Everything We Believe About Women, Lust, and Infidelity Is Wrong and How the New Science Can Set Us Free***

SOON TO BE A MAJOR MOTION PICTURE—The #1 New York Times bestselling worldwide sensation with more than 12 million copies sold, “a painfully beautiful first novel that is at once a murder mystery, a coming-of-age narrative and a celebration of nature”(The New York Times Book Review), now in paperback for the first time. For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has survived for years alone in the marsh that she calls home, finding friends in the gulls and lessons in the sand. Then the time comes when she yearns to be touched and loved. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life--until the unthinkable happens. Where the *Crawdads Sing* is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder. Owens reminds us that we are forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps.

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.

Bestselling title in which the author examines the issue of sexual harassment through the true story of two women who accused the master of Ormond College, University of Melbourne, of indecent assault. The book focuses on Garner's personal response to the event and greater issues of sex and power. The author has written many acclaimed novels and short stories, including 'Monkey Grip' and 'The Last Days of Chez Nous'.

"Sex at Dawn challenges conventional wisdom about sex in a big way. By examining the prehistoric origins of human sexual behavior the authors are able to expose the fallacies and weaknesses of standard theories proposed by most experts. This is a provocative, entertaining, and pioneering book. I learned a lot from it and recommend it highly." — Andrew Weil, M.D. "Sex at Dawn irrefutably shows that what is obvious—that human beings, both male and female, are lustful—is true, and has always been so.... The more dubious its evidentiary basis and lack of connection with current reality, the more ardently the scientific inevitability of monogamy is maintained—even as it falls away around us." — Stanton Peele, Ph.D. A controversial, idea-driven book that challenges everything you (think you) know about sex, monogamy, marriage, and family. In the words of Steve Taylor (*The Fall, Waking From Sleep*), *Sex at Dawn* is "a wonderfully provocative and well-written book which completely re-evaluates human sexual behavior and gets to the root of many of our social and psychological ills."

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.

Sex at Dusk

Some Questions about Sex and Power

Civilized to Death

Summary of Sex at Dawn

Dress Code

Mind the Gap

Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful

***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.***

***The classic guide to love, sex, and intimacy beyond the limits of conventional monogamy has been fully updated to reflect today's modern attitudes and the latest information on nontraditional relationships. For 20 years The Ethical Slut has dispelled myths and showed curious readers how to maintain a successful polyamorous lifestyle through open communication, emotional honesty, and safer sex practices. The third edition of this timeless guide to communication and sex has been revised to include interviews with poly millennials (young people who have grown up without the prejudices their elders encountered regarding gender, orientation, sexuality, and relationships), tributes to poly pioneers, and new sidebars on topics such as asexuality, sex workers, and ways polys can connect and thrive. The authors also include new content addressing nontraditional relationships beyond the polyamorous paradigm of "more than two": couples who don't live together, couples who don't have sex with each other, nonparallel arrangements, couples with widely divergent sex styles, power disparities, and cross-orientation relationships, while utilizing nonbinary gender language and new terms that have come into common usage since the last edition.***

***"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 is cheap. Coupled sexual activity has become more widely available than ever. Cheap sex has been made possible by two technologies that have little to do with each other - the Pill and high-quality pornography - and its distribution made more efficient by a third technological innovation, online dating. Together, they drive down the cost of real sex, and in turn slow the development of love, make fidelity more challenging, sexual malleability more common, and have even taken a toll on men's marriageability. Cheap Sex takes readers on an extended tour inside the American mating market, and highlights key patterns that characterize young adults' experience today, including the timing of first sex in relationships, overlapping partners, frustrating returns on their relational investments, and a failure to link future goals like marriage with how they navigate their current relationships. Drawing upon several large nationally-representative surveys, in-person interviews with 100 men and women, and the assertions of scholars ranging from evolutionary psychologists to gender theorists, what emerges is a story about social change, technological breakthroughs, and unintended consequences. Men and women have not fundamentally changed, but their unions have. No longer playing a supporting role in relationships, sex has emerged as a central priority in relationship development and continuation. But unravel the layers, and it is obvious that the emergence of "industrial sex" is far more a reflection of men's interests than women's.*

***“Dr. Spring possesses a remarkable combination of clarity, wisdom, spirit, and heart. This is an extremely helpful and healing book—a gift to us all.” —Harriet Lerner, Ph.D., author of The Dance of Anger “It is ‘must’ reading for any couple who has experienced the violation of trust as a result of an affair.” —Harville Hendrix, Ph.D. A staggering number of couples in America—about 70 percent—have been affected by extramarital affairs. After the Affair is the only book to offer proven strategies for surviving the crisis and rebuilding the relationship. Written by Janis Abrahms Spring, Ph.D., a nationally known therapist and acknowledged expert on infidelity, this revised and updated version brings the groundbreaking classic into the 21st century, with a new section dealing with online affairs in cyberspace. For women who are struggling in their marriage—and for clinicians, psychology academics and readers fascinated by of popular psychology—this newly revised and updated edition of After the Affair is essential reading.***

***The Wrath & the Dawn***

***Lifting the Shiny Wrapping from Sex at Dawn***

***A Psychologist Investigates How Evolution, Cognition, and Complexity are Revolutionizing our View of Human Nature***

***The Red Queen***

***The Dawn of the Deed***

***The Origins of the Way We Think***

***The Origins of Sex***

Sex is as fascinating to scientists as it is to the rest of us. A vast pool of knowledge, therefore, has been gleaned from research into the nature of sex, from the contentious problem of why the wasteful reproductive process exists at all, to how individuals choose their mates and what traits they find attractive. This fascinating book explores those findings, and their implications for the sexual behaviour of our own species. It uses the Red Queen from “Alice in Wonderland” — who has to run at full speed to stay where she is — as a metaphor for a whole range of sexual behaviours. The book was shortlisted for the 1994 Rhone-Poulenc Prize for Science Books. “Animals and plants evolved sex to fend off parasitic infection. Now look where it has got us. Men want BMWs, power and money in order to pair-bond with women who are blonde, youthful and narrow-waisted ... a brilliant examination of the scientific debates on the hows and whys of sex and evolution” Independent.

In the spirit of works by Jia Tolentino and Anne Helen Peterson, a smart and incisive essay collection centered on the fashion industry—its history, its importance, why we wear what we wear, and why it matters—from Elle Magazine’s fashion features director. Why does fashion hold so much power over us? Most of us care about how we dress and how we present ourselves. Style offers clues about everything from class to which in-group we belong to. Bad Feminist for fashion, Dress Code takes aim at the institutions within the fashion industry while reminding us of the importance of dress and what it means for self-presentation. Everything—from societal changes to the progress (or lack thereof) of women’s rights to the hidden motivations behind what we

choose to wear to align ourselves with a particular social group—can be tracked through clothing. Veronique Hyland examines thought-provoking questions such as: Why has the “French girl” persisted as our most undying archetype? What does “dressing for yourself” really mean for a woman? How should a female politician dress? Will gender-differentiated fashion go forever out of style? How has social media affected and warped our sense of self-presentation, and how are we styling ourselves expressly for it? Not everyone participates in painting, literature, or film. But there is no “opting out” of fashion. And yet, fashion is still seen as superficial and trivial, and only the finest of couture is considered as art. Hyland argues that fashion is a key that unlocks questions of power, sexuality, and class, taps into history, and sends signals to the world around us. Clothes means something—even if you’re “just” wearing jeans and a T-shirt.

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.

You’ll never forget your first time...reading *Forever*, Judy Blume’s groundbreaking novel about teen sexuality, as an ebook. When you build up something in your mind—really imagine it, wish for it—sometimes, when it actually happens, it doesn’t live up to your expectations. True love is nothing like that. Especially not for Katherine and Michael, who can’t get enough of each other. Their relationship is unique: sincere, intense, and fun all at the same time. Although they haven’t been together all that long, they know it’s serious. A whole world opens up as young passion and sexuality bloom. But it’s senior year of high school, and there are big changes ahead. Michael and Katherine are destined for another big “first”: a decision. Is this the love of a lifetime, or the very beginning of a lifetime of love?

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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 Jeth  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.

Unlocking Fashion from the New Look to Millennial Pink

The Prehistoric Origins of Modern Sexuality

A Practical Guide to Polyamory, Open Relationships & Other Adventures

The Prehistoric Origins of Sex

Where the Crawdads Sing

Untrue

What Do Women Want?

*Sex at Dawn: How We Mate, Why We Stray, and What It Means for Modern Relationships* (2010) details how the courtship habits of humanity's closest primate relatives, the lives of early humans, and the sexual rituals of nomadic tribes all shed light on the true urges underlying human sexuality. Many anthropologists assert that monogamy comes naturally to humans; to support their thesis, they point toward relationship customs that have existed in various civilizations for centuries...Purchase this in-depth summary to learn more.

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!

No one likes a know-it-all, but everyone loves a girl with brains and heart. *The Smart Girl's Guide to Polyamory* is an intelligent and comprehensive guide to polyamory, open relationships, and other forms of alternative love, offering relationship advice radically different from anything you'll find on the magazine rack. This practical guidebook will help women 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! Whether you're a seasoned graduate, a timid freshman, or somewhere in between, you'll learn how to discover and craft unique relationships that are healthy, happy, sexy, and tailor-made for you.

Because when it comes to your love life, being a know-it-all is actually a great thing to be.

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?

Sex at Dawn How We Mate, Why We Stray, and What It Means for Modern Relationships Harper Collins

How Smarter Sex Can Change Your Life

The Moral Animal

Fidelity and Infidelity in Animals and People

Sex and the Evolution of Human Nature

how we mate, why we stray, and what it means for modern sexuality

The Ethical Slut

Your Brain on Sex

**Summary Of Sex At Dawn: How We Mate, Why We Stray, And What It Means For Modern Relationships By Christopher Ryan And Cacilda Jethá** **DISCLAIMER: This concise summary is unofficial and is not authorized, approved, licensed, or endorsed by the original book's publisher or author but it's intended as a companion. IT IS A SUMMARIZED WORK OF Topknots Series Publishing ABOUT THE ORIGINAL BOOK** Sex At Dawn argues that the idealism of monogamy in Western societies is essentially incompatible with human nature. The book makes a compelling case for our innately promiscuous nature by exploring the history and evolution of human sexuality, with a strong focus on our primate ancestors and the invention of agriculture. Arguing that our distorted view of sexuality ruin our health and keeps us from being happy. Sex At Dawn explains how we can return to a more casual approach to sex that could benefit interpersonal relationships and societies in general. Click the BUY BUTTON and get a Copy NOW to refresh your understanding on Sex At Dawn: How We Mate, Why We Stray, And What It Means For Modern Relationships.

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*

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.

'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.

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

Everything You Need to Know About Open Relationships, Non-Monogamy, and Alternative Love

An Unconventional Guide to Finding Work on Your Terms

Adventures in the Science of Female Desire

The Price of Progress

The Evolution of Human Sexuality

Sex at Dawn

The Anthropology of Sex

A summation of research on the structure and function of the brain presents new ideas on how the human mind evolved in adaptation to a world that no longer exists

A Practical Guide to Polyamory, Open Relationships and Other Freedoms in Sex and Love

Sex, Murder, and the Meaning of Life

A Memoir

The Transformation of Men, Marriage, and Monogamy

The First Stone

After the Affair, Updated Second Edition

A History of the First Sexual Revolution