



# **Polyamory in the 21st Century: Love and Intimacy with Multiple Partners**

*Deborah Anapol*

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Unlike other books on this topic, *Polyamory in the 21st Century* weaves together research and facts to provide an informed and impartial analysis of polyamory as a lifestyle and as a movement, and to place it in a psychosocial as well as an historical context. Anecdotes and personal experiences allow the reader to develop a better understanding of polyamory and the people who practice and enjoy it. Anapol addresses the practical, the utopian, and the shadow sides of this intriguing, mysterious, yet often threatening lifestyle. It honestly addresses difficult issues such as the nature of commitment without exclusivity, balancing personal needs with loyalty to a partner, evaluating beliefs about love and relationship, the impact of polyamory on children, and the challenges that arise when one partner wants monogamy and another prefers polyamory. Without judgement, she explores this increasingly common practice, and reveals the true nature of a lifestyle that many do not understand.

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