



Eight Things I Wish I'd Known About Polyamory: Before I Tried It and Frakked It Up

Cunning Minx

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(Taken from the description provided on Amazon):

For many folks seeking to open up their lives and relationships, the road ahead is uncertain and foggy. Outside of traditional monogamy, relationship structure options and guidelines are often murky at best.

This book seeks to demystify the basics of healthy, consensual non-monogamy by sharing the lessons learned from both Minx and thousands of podcast listeners who have built successful polyamorous relationships. While each relationship may be different, some basic guidelines are helpful in constructing one's own version of polyamory, and the eight discoveries outlined in this book seek to provide just that.

Eight Things I Wish I'd Known About Polyamory: Before I Tried It and Frakked It Up **Details**

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From Reader Review Eight Things I Wish I'd Known About Polyamory: Before I Tried It and Frakked It Up for online ebook

Sara Petrocelli says

As someone who often feels alone with no guidance in my love life, this short, to the point book did provide some guidelines to remember.

Zyriel says

This is an excellent short primer for those new to Poly. It doesn't get deep, but that's what's good about it. It really scratches the surface well and points the reader in the right direction for things to think about.

Abrea says

This was a great book for learning about poly. I do wish it'd had a bit more for the unicorn (it seemed largely couple-oriented), but it was still very thought provoking and a great resource.

J. Pablo says

I really recommend this book for poly beginners. It's short and to the point, and it had some good points, some of which I forgotten and I might re add to my life.

Leandra Vane says

This book is a handy little item to have in my arsenal of resources on living in an open relationship. Though short, the book contains quality information so is great for exploring the topic without becoming overwhelmed. The narration is personable and easily understood. Definitely recommend.

Jennifer says

An excellent introduction to polyamory

Brian says

The book is like a well performed podcast, which makes sense since Minx's podcast is really well done. It's well written, informal, and pretty high level. Would've like to see more detail on issues. It's very short for a deep subject.

Sarah says

I really like this short book. It's applicable to any type of relationship and covers 8 categories of (mostly communication) pitfalls. It is very practical. Some of her examples and observations of conflict a little silly as you can immediately sympathize with one partner and it's hard to reframe your reactions. I'm sure it would be super helpful to do so! I listen to her polyamory podcast, and she talks often about creating a short 'user manual' for yourself to enable self knowledge and also for communicating with partners; I'd looked for it online and was happy to finally see it here. I think it's a very worthwhile read.

Meg says

A quick and straightforward read, with good practical advice.

Winter Arcane says

This is going into my must read list for anyone new to polyamory. While it doesn't go a great deal into depth with anything, it does a really good job of covering the key points anyone getting into polyamory should think about. It's short and reads like some blog articles stitched together, but in a way I think that gives it an accessibility that the larger, more academic polyamory handbooks can lack. As someone who has been doing polyamory for 20 years and have had to fill the poly guru role often, there wasn't much here that I didn't already know, but I was really pleased with how succinctly it covered a lot of important things in a short amount of time. This is an excellent poly-curious person's first poly book and honestly a good, concise refresher for veterans. Everyone in between can probably get something valuable out of it.

SallyRose Robinson says

Interesting information and I would say a good resource for folks looking at trying Poly. Minx is shares her experience and expertise as well as giving people some real life examples.

Good solid information. Give it a read if you are starting this journey.

Louisa Leontiades says

My best friend fell in love, got pregnant and moved to Spain within the space of a year. She was deliriously happy if a little nervous. When she announced it to me on the phone I said,

'Wow that's brave of you. But how exciting.' Then I took a deep breath and said

'We're also doing the same thing. Moving I mean. To England to be closer to our poly partners.'

At the time my husband and I had just come out of the polyamorous closet. We'd fallen madly in love with another couple and just couldn't see any other way to continue the relationship in its current dynamic. The choice was either to move and take a chance on love, or to risk losing the relationship altogether. It meant quitting my job. Traveling from Italy to England every month was taking a huge toll on our respective budgets, familial backlash was relentlessly severe and there was no organizational support in a country where cheating was the norm, but open relationships were cursed. We needed each other if we were to make the venture work.

There was a frosty silence at the end of the phone. Until eventually she replied,

'What on earth are you thinking? It's not at all the same. What you're doing is totally ludicrous.'

Ludicrous is as ludicrous does.

We were both suffering from a heady mix of oxytocin, vasopressin, dopamine and neopinephrine. In lay terms, we were in love. It makes you take decisions you wouldn't otherwise take. Later I learned that polyamorous people call it New Relationship Energy. It makes you do stupid stuff. If only I had known beforehand... would I have done anything differently?

Giving you the prior knowledge of the stupid stuff you do when you fall in love is the focus of Cunning Minx's eBook (available via polyweekly podcast site) 8 Things I wish I'd known about polyamory (before I frakked it up). Cunning Minx has been podcasting since 2005, which is before I had a twinkle in my eye for any plural relationships. It joins the illustrious ranks of up and coming open relationship books like More Than Two and kicks off with a quote from author Franklin Veaux (do they all know each other over there in the US of A)?

More than Two is loooooong. It's a dictionary versus Cunning Minx's primer. But the primer is all the more useful due to its length. If More Than Two is the exam length classic, 8 things is the study guide. Like her tips on NRE.

Cunning Minx says...*'A good rule of thumb is not to pack anything larger than a suitcase during NRE. Do not pack up the moving truck with all your belongings and move across town, across the state or across the country to be with your new love. Do not quit your job or change jobs.'*

Cunning Minx says...*'During NRE, consider yourself to have the judgment of a teenager whose frontal lobe is not yet completely formed. Remember that if you really love this person, you'll still be in love with him in a year when the chemicals wear off and you can apply more critical thinking skills to the situation.'*

She's right of course as she is about the rest. And yet unless you are already extremely self-aware (which let's

face it most of us are not), you will not be able to separate yourself sensibly from the teenager whose frontal lobe is not yet completely formed. Those chemicals are just too potent (I know, I've been there).

The challenge lies then, not with this book (which is quite frankly the best intro to poly problems I've found), but with human nature and the way we create our knowledge; Clue...it's not just from other people's experiences.

Life's challenges bring change, and those challenges that we overcome do change us for the better. Challenges show us who we are and what we are made of - 8 Things I wish I'd known about polyamory

Only with challenge do we grow as human beings to achieve the kind of emotional intelligence that many polyamory pundits say is necessary before embarking on a [polyamorous] relationship. Whereas we can enforce driving tests before anyone drives a car, you cannot prevent people from creating relationships and falling in love in the same way. And once they do, if they do not have 'a higher level of self-knowledge' or 'the ability to ask for what [they] want' or 'the ability to embrace change'...there is little chance of stopping the car crash.

Does that mean that less 'grown' people deserve love any less? Of course not. No one has the right to prevent people from loving one another, more than you would judge anyone unqualified to have food. Does it mean that they might experience more hurt in their quest for love? Of course.

It's why books like 8 things are absolutely necessary as educational tools if viewed as part and parcel of the growth journey.

As Yoda might say, "Feel or do not feel. There is no 'should.'" Just accept every weird or inopportune emotion you have as part of the wonderfully complex machine that is you. - 8 Things I wish I'd known about polyamory

Luckily Cunning Minx is, well, cunning. She uses also 8 Things as part of an educational programme (you can catch it if you're in Seattle).

The advice given in this book is extremely sound and as it's a short eBook I'm not going to give much more away. But in a small space it covers a vast amount of ground, from how to own your shit, to how poly is intensely personal (more than you think)...plus a fantastic bonus template at the end which will help you define your own needs, preferences and desires. For 5 quid it's a pretty valuable addition to your Kindle.

The question remains though... if I had known these 8 things, would I have done anything differently? No. But maybe I would have realised sooner what the hell was happening and it may have just helped save our first relationship. Buy it if you need a short sharp shock just as soon as you realise you - like all of us - have not been trained in relationship skills.

But just remember... in the words of Cunning Minx's partner Lusty Guy, "The goal of any relationship is to make the people involved better versions of themselves." The way this happens is a personal and ongoing journey.

Forgive yourself for your mistakes and learn about the things not to do. Not because you have to, not because you have to be 'grown' to deserve love, just because you and everyone around you will be happier.

MaryAnn Vega says

Eight Things I Wish I'd Known About Polyamory: Before I Tried It and Frakked It Up

As someone relatively new to polyamory as a concept and way of life, this book was exactly what I needed to start sorting through all the information in my head I had collected from morethantwo blog posts and other online resources. It is concise and helpful.

Particularly, as previously mentioned, it is a good resource for all relationship types whether monogamous or non-monogamous.

Including great quotes like:

The healthiest relationships are those in which all participants feel free to ask for what they want, hear what others want and conscientiously and compassionately negotiate to fill those wants

Although seemingly common sense, I find that many (including myself at times) need to be reminded of such things. Plus, any book that emphasizes the importance of emotional intelligence and owning "your own shit" is one that I have a great affection for.

I also really enjoyed the section about creating your own user manual and I believe this is an amazing idea to ensure both you and any potential partner or partners know what it is you need and want.

If you do get the hard copy, there are hyperlinked words/phrases that do not have corresponding links in the text, so although you would be able to click on it in the ebook, you are left curious what resource you are missing out on, but there is a link to find all of them in the back.

Beverly Diehl says

This 66-page Kindle-only book does not cover every possible kink and permutation of polyamory, but it DOES cover most of the important ones. It makes for an excellent starting point for those either poly-curious, or entering into a polyamorous relationship for the first time.

The Eight Things/Tips include such things as the "right" way to do polyamory; Owning Your Own Sh*t; Guidelines, Rules, & Check-Ins, about NRE (New Relationship Energy), why Change is Good, and much more. Most of the tips apply to ANY kind of relationship:

"Whether you identify as polyamorous or monogamous, a top or a bottom, a dominant or a submissive, relationships don't work unless you know, understand and love yourself first. If you aren't already capable of knowing who you are, what your emotional baggage is and how to love and accept yourself, it's unlikely that your relationships of any kind will be healthy, happy and free of drama."

This is something that seems basic and self-evident, but sometimes the things that are the most "goes without saying" are the things that need to be repeated. The list of related books, site, and boilerplate guide to writing your own "user manual" are all excellent. So there's much goodness packed into a surprising short number of pages.

Stefanie says

This is a short but really useful overview of polyamory and common stumbling blocks for those new to it. It's written in a straightforward and easy-to-read style, and a big part of it, aside from getting across some basics, is to direct the reader to other sources for particular follow up questions they may have, which is nice. My biggest quibble is the price - \$8.99 for 94 pages is quite steep. So probably the people who will get the most out of it are those who are looking to use this as a tool in their own personal growth and explorations. There's even an exercise - "Write Your Own User Manual" - at the end.
