

INTERNATIONAL BESTSELLER

*"Mating in Captivity takes a hard line against one of the most time-honored institutions in human history: the sexless marriage. . . . It reads like a cross between the works of Jacques Lacan and French Women Don't Get Fat." —The New Yorker*

# mating in captivity

UNLOCKING EROTIC INTELLIGENCE

Can we desire what we already have?  
Does good intimacy always make for hot sex?



esther perel

# Mating Captivity Unlocking Erotic Intelligence

**Hayley Quinn**



## **Mating Captivity Unlocking Erotic Intelligence:**

**Mating in Captivity** Esther Perel, Esther, 2007 In *Mating in Captivity* psychotherapist Esther Perel tackles the paradox of modern love She explores why it s hard to want what you already have even in the most committed and loving relationship And teaches how you can reconcile domestic bliss with sexual excitement and rekindle lost passion As revelatory as it is straightforward *Mating in Captivity* is a sensational book that could change the way you love and live **Mating in**

**Captivity** Esther Perel, 2026-05-12 A New York City therapist examines the paradoxical relationship between domesticity and sexual desire and explains what it takes to bring lust home One of the world s most respected voices on erotic intelligence Esther Perel offers a bold provocative new take on intimacy and sex *Mating in Captivity* invites us to explore the paradoxical union of domesticity and sexual desire and explains what it takes to bring lust home Drawing on more than twenty years of experience as a couples therapist Perel examines the complexities of sustaining desire Through case studies and lively discussion Perel demonstrates how more exciting playful and even poetic sex is possible in long term relationships Wise witty and as revelatory as it is straightforward *Mating in Captivity* is a sensational book that will transform the way you live and love

**Psychoanalytic Sex Therapy** Juliane Maxwald, 2025-12-29 *Psychoanalytic Sex Therapy Exploring the Unconscious Life of Sexuality* bridges the gap between depth psychology and modern sex therapy offering a fresh integrative approach to understanding sexual struggles Rather than treating symptoms like low desire intimacy challenges or compulsive behaviors as dysfunctions to fix this book reveals how they often carry emotional meaning linked to trauma attachment and unspoken conflict Drawing on compelling clinical stories and contemporary theory Juliane Maxwald helps clinicians decode the unconscious narratives behind sexual concerns Chapters explore topics such as desire discrepancy pornography consensual non monogamy erectile unpredictability and narcissism demonstrating how the thoughtful integration of technique and depth oriented insight can foster real change Grounded accessible and clinically rich this book invites therapists to listen to sexuality not just as behavior but as a window into emotional life and as a story the psyche tells through the body This is essential reading for psychotherapists psychoanalysts and sex therapists seeking to deepen their work with issues related to sex intimacy and relational life

**The Art and Joy of Stuckness for Coaches and their Clients** Julia Kukard, 2024-12-23 This book offers an existential understanding of the process of stuckness exploring how we can soften stuckness and become more fluid in our work and world We can t avoid getting stuck it s a vital part of learning and healing but we can develop the skills to get stuck less painfully and recover quicker When we do this stuckness can enable us to process our pasts and incubate our futures Illustrated by relatable global case studies this book will help readers and coaches understand and work with stuckness in their own and their clients lives Based on the author s doctoral research and extensive experience as a coach and coach trainer globally this book is valuable to coaches therapists and human development practitioners Own  
Your Past Change Your Future Dr. John Delony, 2022-04-19 Get on the path to being well We re the most technologically

advanced society in history but we've never been more stressed, medicated, or lonely. We have 1,000 Facebook friends but no one to help us move our couch. The pace of life is making us exhausted. We're all carrying the weight of our trauma based on the stories we were told by others and the ones we tell ourselves, and those stories are like bricks in a backpack that keep us from being happy and healthy. In his new book, national bestselling author Dr. John Delony provides a clear five-step path to being well. You'll learn how to redefine what trauma is and how to identify it in your life. Grieve and heal from past hurt and trauma. Make friends as an adult; it's not easy but it is necessary. Change your thoughts; it's possible. Assess and evaluate your actions; these can change, too. You'll laugh. You'll cry. Your thoughts and actions will be challenged. And if you take the steps John outlines, you'll learn how to leave the past where it belongs and get on the path to healing.

*Real Talk* Tasha Bailey, 2023-09-28. *Real Talk* is like having a kind, supportive, and wise one-to-one with a great therapist. Abby Rawlinson, author of *Reclaiming You*, as thorough and pertinent as it is real, guiding readers on a journey to self-love. Charisse Cooke, author of *The Attachment Solution*, it's time to bring therapy out of the therapy room and into the real world. In recent years, therapy and self-care have become familiar buzzwords, but it's clear that people are having to face their emotional difficulties without the tools and insight to work through them. Enter *Real Talk*, a book to enable readers to have genuine, authentic conversations with themselves and to start the journey of healing their past experiences and cope with the challenges of modern life. Filled with techniques and wisdom from a therapist's toolkit, this is a must-have handbook for optimizing your mental health. Drawing on her experience as a qualified psychotherapist and applying her intersectional perspective, Tasha Bailey shares the knowledge and skills you need to change your life. Tasha's straight-talking but compassionate style will help readers hold up a mirror to their present situation and make sense of their past, delving into topics such as Trauma, inner child healing, Love, trust, and attachment, Family intergenerational cycles of behaviour, rupture and repair, Self-Esteem, bodies, sex. *Real Talk* contains a collection of lessons which the reader might typically learn in therapy. Tasha teaches readers modern language and ideas about mental health, exploring self-love and self-understanding. Connecting psychological theory, lived experience, references from modern-day media, and case studies from Tasha's work to create a more current, creative, and inclusive perspective of mental health.

**God, Faith & Identity from the Ashes** Menachem Z. Rosensaft, 2014-11-10. A Powerful Life-Affirming New Perspective on the Holocaust. Almost ninety children and grandchildren of Holocaust survivors, theologians, scholars, spiritual leaders, authors, artists, political and community leaders, and media personalities from sixteen countries on six continents reflect on how the memories transmitted to them have affected their lives. Profoundly personal stories explore faith, identity, and legacy in the aftermath of the Holocaust, as well as our role in ensuring that future genocides and similar atrocities never happen again.

*Why Love Leads to Justice* David A. J. Richards, 2016. This book tells the stories of notable historical figures whose resistance of patriarchal laws transformed ethical, political, and legal standards.

*Do This, Not That: Dating* Hayley Quinn, 2023-01-10. A must-have step-by-step guide on what to do and what NOT to do.

while dating featuring clear instructions and helpful scripts so you can deal with any difficult circumstance in every aspect of your love life How do you deal with dating apps that commitment question or if you want kids but they don t Do This Not That Dating is here to help with all your relationship situations Romantic relationships can be full of challenging situations and emotions and no matter how passionate frustrated excited or downright angry you feel it s important for you to communicate and find a solution that works for both you and your partner Whether you re struggling to find the right words or simply aren t sure how to approach a topic this book will give you the tools you need to move forward productively or learn when to let go and move on In Do This Not That Dating you ll find eighty common relationship issues that cover everything from your first date to your first fight and beyond For each situation you ll discover exactly what to do and what to avoid then learn exactly how to make it happen Find tips to reframe your thinking simple scripts to help you figure out what to say and even advice on your next steps depending on your initial conversation This book is your must have guide to any unexpected situation relationships throw your way *Sh'ma*, 2006 [The State of Affairs](#) Esther Perel, 2019-09-05 NEW YORK TIMES BESTSELLER Is there such a thing as an affair proof marriage Is it possible to love more than one person at once Why do people cheat Can an affair ever help a marriage Infidelity is the ultimate betrayal But does it have to be Relationship therapist Esther Perel examines why people cheat and unpacks why affairs are so traumatic because they threaten our emotional security In infidelity she sees something unexpected an expression of longing and loss A must read for anyone who has ever cheated or been cheated on or who simply wants a new framework for understanding relationships Esther Perel does nothing short of strip us of our deepest biases remind us of our purpose in connecting as lovers and save relationships that might otherwise sink into the sea all with even handed wisdom fresh morality and wise prose Thank heavens for this woman Lena Dunham Beautiful A brilliantly intelligent plea for complexity understanding and as always kindness Alain de Botton She s the guru on relationships she s the first person I ask for advice Cara Delevingne Wisest sex therapist we ever did meet Her new book THE STATE OF AFFAIRS proposes a new perspective on infidelity GRAZIA This is a must have for all married couples and has completely changed my thinking SUNDAY TIMES STYLE [Mating in Captivity](#) Esther Perel, 2026-05-12 Is it any wonder that so many relationships crumble under the weight of it all When Mating in Captivity was first published twenty years ago it became a global phenomenon and established Esther Perel as one of the world s most respected voices on erotic intelligence Her unabashed view on modern marriage and her disruptive provocative approach to intimacy which positioned monogamy not as a given but as a conscious every day choice transformed our ideas about committed relationships and the way we live and love Wise witty and as revelatory as it is straightforward Perel s bold provocative take on intimacy and sex continues to stand the test of time With a new introduction reflecting on how the book has changed marriage and how we think and talk about it this anniversary edition of Mating in Captivity is an invitation to explore the paradoxical union of domesticity and sexual desire and how they impact each other and explains what it takes to

bring lust home      **Analysis** James Zimmerhoff, 2017-10-25 The State Of Affairs Iconic couples therapist and bestselling writer of Mating in Captivity Esther Perel returns with an intriguing look at relationships through the lens of adultery An affair it can rob a couple of their relationship their happiness their very identity And yet this pervasive human experience is so poorly understood What are we to make of this time honored taboo unsuccessfully universally forbidden Why do people cheat especially those in happy marriages Why does an infidelity hurt so much When we declare adultery what exactly do we mean Do our unrealistic expectations of marriage direct us to betrayal Is there such a thing as an infidelity proof marriage Is it possible to love several people at once Can an affair ever improve a marriage Perel weaves real life case accounts with intelligent psychological and cultural analysis in this compelling book For the past ten years Perel has traveled the globe and worked with hundreds of couples who have grappled with infidelity Betrayal hurts she writes but it is possible to heal An affair can even be the doorway to a new marriage with the same person With the right strategy couples can grow and learn from these disturbing experiences together or apart Infidelity she argues have a lot to teach us about modern relationships what we anticipate what we think we desire and what we feel like our right They offer an unprecedented window into our individual and cultural attitudes about love lust and involvement Through examining prohibited love from multiple angles Perel invites us into an honest enlightened and entertaining examination of modern marriage in its many variations Fiercely farsighted The State of Affairs provides a daring framework for understanding the intricacies of love and desire Perel notes Love is messy infidelity more so But it is also a window like no other into the crevices of the human heart Perel develops 2006 s Mating in Captivity Unlocking Erotic Intelligence with an exciting study of relations In this book she establishes the controversial opinion that infidelity is eventually beneficial to marital bonds and she successfully explores the ways that infidelity force partners to carefully examine their positions about love commitment and sex But do not misunderstand Perel does not promote infidelity She dismisses the frequently used excuse that adultery is due to sex obsession and argues that emotional dishonesty is still cheating how are we to know what constitutes an affair Perel sensibly makes the case that if the betrayal has already happened it s imperative that the experience provides a way forward whether that is to stay married or to split up She bolsters her arguments with real life examples from both heterosexual and same sex relationships The publication is sure to spark intelligent discussions that will have readers everywhere examining their belief systems This topic is a thought provoking take on relationships and essential reading for couples dealing with the affair Infidelity has a lot to teach us about relationships what we expect what we think and desire and what we feel entitled to records Perel They offer an unprecedented window into our particular and cultural attitudes regarding love lust and commitment Using research and individual stories from her 30 years as a couples therapist The writer dives into the world of affairs why men and women engage in them what many consider innocent behavior versus flat out wrongdoing When the offended part discovers the affair the rage jealousy guilt and host of other emotions that flare up and the full healing process which determines if a

couple will remain together or not Perel reviews each affair with an open attitude trying to get to the reason of why it happened and how each involved can view the same situation in a different light

**A Happy Life in an Open Relationship** Susan Wenzel, 2020-03-10 Discover the secrets to successful open relationships A Happy Life in an Open Relationship is a handbook to healthy nonmonogamous relationships For anyone curious about open relationships here is a valuable handbook from an expert in love sex and communication Relationship therapist Susan Wenzel who is in an open marriage herself delivers skillful advice on how to navigate the complex emotional landscape of multi partner relationships from polyamory to swinging Filled with of compelling personal stories anecdotes from clients and practical exercises A guide to cultivating harmonious and fulfilling open relationships Author Susan Wenzel is a sex and relationship therapist with years of experience counseling patients on issues related to monogamy intimacy and trust A Happy Life in an Open Relationship will help you develop your trust and communication skills explore sexuality and desire build your confidence and self worth set healthy boundaries overcome jealousy and so much more People interested in making changes in their relationships will appreciate the positive tone helpful advice and expert wisdom from an accomplished relationship therapist who has gone through the experience herself A great book for anyone interested in testing the boundaries of monogamy and exploring the world of polyamory An accessible and inviting guide for couples to build an open relationship that is strong and lasting Perfect for fans of Mating in Captivity Unlocking Erotic Intelligence and The State of Affairs Rethinking Infidelity by Esther Perel The Commitment Love Sex Marriage and My Family by Dan Savage and Sex at Dawn How We Mate Why We Stray and What It Means for Modern Relationships by Christopher Ryan

**Treating Out of Control Sexual Behavior** Douglas Braun-Harvey, Michael A. Vigorito, LMFT, LCPC, CGP, 2015-11-05 I have been waiting for a book that would offer a sex positive non judgmental and non pathologizing alternative approach for working with sex addiction Doug Braun Harvey and Michael Vigorito aim men forward toward their sexual health with this refreshing critical and compassionate model to help those in the grip of problematic sexual behavior This book will change your thinking and your clinical work at the intersection of sexuality and psychotherapy Esther Perel LMFT Author of Mating in Captivity Unlocking Erotic Intelligence This groundbreaking book reconsiders popular notions of addictive sex Braun Harvey and Vigorito s sexual health psychotherapy protocol is an innovative treatment approach for men experiencing sexual lives beyond their control Out of control sexual behavior OCSB is defined as a sexual health problem in which consensual sexual urges thoughts or behaviors feel out of control As opposed to a clinical disorder OCSB is framed as a behavioral problem within the normal range of sexual expression The book provides step by step tools for assessment treatment planning and implementation stemming from the authors work with hundreds of individual and group therapy clients OCSB treatment matches individual and group therapy interventions with current motivational interviewing and readiness for change research Further this approach emphasizes the clinician s ethical responsibility to provide the most effective treatment while protecting client sexual rights

and welcoming sexual diversity Rich and varied composite case examples demonstrate clinical sexual health treatment conversations as well as stories of hope and guidance to understand how sexual health is an ally for changing OCSB KEY FEATURES Presents a much needed sexual health alternative to conventional thinking about assessing and treating OCSB Posits OCSB as a sexual health behavior problem rather than a process addiction or psychosexual disorder Promotes sexual health principles as the framework to envision and guide men s sexual behavior change Includes a practical step by step pathway model to assess and treat OCSB Organizes a wide range of best practice clinical interventions for individual and group psychotherapy Includes composite case examples demonstrating successful treatment outcomes **You Can Make It Happen** Eva Berlander, Eva-Lena Matinson, Eva Dozzi, 2012-07-01 Having a difficult relationship can be extremely painful When couple therapist Eva Berlander inspires us to celebrate our conflicts she wants to motivate us to see our conflicts from a new perspective so that we can find a way to rewire our brains establish deep contact and experience real love We can actually make use of conflicts to build a better relationship You Can Make it Happen is a book based on the new Interpersonal Neurobiology Research IPNB on how the brain works and describes a clear communication model for couples We also meet the fictitious couple Lisa and Michael Endorsements Every couple wanders through the wilderness and every couple knows despair Couples therapist Eva Berlander has walked that road with determination grace and grit In YOU CAN MAKE IT HAPPEN she shares a wealth of knowledge and experience as a therapist a wife and a wise guide She has the profound perspective that the difficult chapters in the life of two committed partners are essential to the unfolding of two mature differentiated truly loving adults Hedy Schleifer PhD is the director of Schleifer Associates Relationship Builders in Miami Florida A certified Imago Relationship Therapist and seasoned Imago trainer she also founded Encounter Centered Couple Therapy We are so fortunate that Eva Berlander has put her magical methods in this book for couples individuals and anyone interested in understanding and improving love relationships She has shared her own transformational love story which gives hope and the promise of happiness to us all Pat Love Ed D author The Truth About Love Eva Berlander brings the riches of her personal and professional experience to this highly personable clear honest and hopeful approach to adult intimacy Simply put she gets it Every couple wanting to deepen or save their relationship should read it Esther Perel author of Mating in Captivity Unlocking Erotic Intelligence Eva Berlander s integration of contemporary marriage therapies with the brain sciences will help all her readers couples and therapists better understand what happens in our brains when we fall in and out of love Additionally the interweaving of theory and extensive case illustrations make clear how we can use our brains to change our experience and thus our relationships I recommend the book to therapists who work with couples as well as to couples who can use these instruments to work with each other Harville Hendrix Ph D Author Getting the Love You Want A Guide for Couples and Receiving Love This is a gem of a book written by an expert in Relationship Therapy Eva Berlander illuminates her ideas with clear and vivid examples most movingly from her own story You will be glad you read it as will

your clients Jette Simon Psychologist Director of the Washington DC Training Institute for Couples Therapy *Erotic Intelligence* Rachel Wilde,2025-10-03 *Erotic Intelligence* is a guide to deeper passion pleasure and intimacy This book helps you let go of shame build body confidence and connect more honestly in love and sex With affirmations simple exercises and daily practices you ll learn to explore desire communicate openly and keep passion alive beyond the bedroom Whether you re single or with a partner this is about creating real connection lasting attraction and a more confident joyful erotic life

*Erotic Intelligence* Navneet Singh, Table of Contents The Meaning of Erotic Intelligence The Erotic Mind Body Connection Self Awareness as Erotic Power Emotional Literacy in the Bedroom Listening to Desire Speaking with Consent Eroticism Beyond Performance The Intelligent Lover Presence over Perfection Erotic Intelligence in Long Term Relationships Erotic Maturity Aging with Sensual Grace Expanding Erotic Intelligence Together Erotic Shadow Embracing Taboo with Integrity Final Touch Intelligence that Arouses the Soul *Awakened Intimacy* Jens Belner,2024-12-25 Unlock Deeper Connection Lasting Desire and Soulful Intimacy In a world dominated by surface level intimacy advice and fleeting passion *Awakened Intimacy* The Science and Soul of Erotic Intelligence offers a revolutionary approach to connection desire and love This isn t just another relationship book it s a masterclass in merging emotional intelligence sexual connection and psychological insight into one cohesive roadmap for thriving relationships What Makes This Book Different Science Backed Insights Grounded in psychology neuroscience and relationship research this book uncovers the hidden dynamics of desire attachment styles and the brain chemistry of intimacy Emotional Meets Erotic Learn how emotional intelligence serves as the foundation for lasting passion and how vulnerability transforms intimacy from routine to extraordinary Practical Tools Real Results From daily micro stacking habits to journaling prompts and relationship rituals every chapter equips you with actionable steps to nurture intimacy daily Who Is This Book For Couples looking to reignite passion and connection Singles seeking deeper emotional and erotic self awareness Anyone curious about balancing love lust and lasting fulfillment What You ll Discover Inside The role of attachment styles in erotic intimacy How stress shame and cultural myths block desire and how to overcome them Communication tools to express desires without fear or judgment Emotional and physical safety rituals that foster trust and passion A Modern Guide for Every Relationship Stage Whether you re navigating the early sparks of new love managing the complexities of long term commitment or rediscovering your passion after challenges *Awakened Intimacy* meets you where you are This isn t about quick fixes it s about transformation Your Next Chapter of Intimacy Begins Here If you re ready to bridge the gap between emotional closeness and erotic passion if you re curious about the science behind lasting connection and if you re ready to awaken intimacy in ways you ve never imagined this book is for you Get ready to unlock the secrets of *Awakened Intimacy* The Science and Soul of Erotic Intelligence and create a connection that lasts a lifetime Are you ready to awaken your intimacy **Erotic Intelligence** Tyler Dawson,2019-10-09 Do You Feel A Little Insecure In Your Personal Life Do You Feel Unloved Or Not Being Accepted By Your Partner While everyone has their

own personality there are emotional needs that we all need to feel When it comes to emotional security with your partner these needs are desire passion respect security love and acceptance If you do not feel all of them your emotions are not going to be fully met This can have several effects on you such as a lack of security feeling unloved or not feeling accepted If you lack any of these emotional needs your relationship with your partner will be affected Of course when we don t feel one of them we will start to lack other emotions Therefore if we don t feel that we are accepted we will not feel completely secure At the same time if we start to feel one of these emotions strongly such as love the other needs will become stronger The purpose of this book Is to focus on the lack of security in a relationship If you are one of the millions of people who feel a lack of security there are several ways to gain the emotional need for security In This book you will discover How vital security is to your relationship How you can focus more on intimacy and not just sex The difference between sex and intimacy How to help yourself or someone who struggles between what they want to do in their romantic relationship and what society and politics tell them is right and wrong The attitude you need when you want to create more eroticism in your romantic relationship How what people tell you when you are young will affect how you feel about sex later in life What can the parents who want to bring the spark back into their relationship do The importance of sexual fantasies the challenges of fidelity in a relationship And Much More **DONT LET THE LAST MINUTE OBJECTIONS HOLD YOU BACK So If You Want To Benefit Then Scroll up and click the ADD TO CART button now**

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Tender Moments: **Mating Captivity Unlocking Erotic Intelligence** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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