

Many of the ideas in this chapter are elaborated in:

Barker, M. (2012). *Rewriting the rules: An integrative guide to love, sex and relationships*. London: Routledge.

Useful books which explore the current state of monogamous relationships in more depth include:

Figs, K. (2010). *Couples: The truth*. London: Virago.

Perel, E. (2007). *Mating in captivity*. London: HarperCollins.

Much of the further reading for Chapter 14 includes advice about negotiation and communication, as do:

Crowe, M., & Ridley, J. (2000). *Therapy with couples: A behavioural-systems approach to couple relationship and sexual problems*. Oxford: Blackwell.

Rosenberg, M.B. (2003). *Nonviolent communication: A language of life*. Encinitas, CA: PuddleDancer Press.