

State Of Affairs Esther Perel

Todd Baratz, LMHC

The State of Affairs Esther Perel, 2017-10-10 A fresh look at infidelity, broadening the focus from the havoc it wreaks within a committed relationship to consider also why people do it, what it means to them, and why breaking up is the expected response to duplicity — but not necessarily the wisest one.” — LA Review of Books From iconic couples’ therapist and bestselling author of *Mating in Captivity* comes a provocative and controversial look at infidelity with practical, honest, and empathetic advice for how to move beyond it. An affair: it can rob a couple of their relationship, their happiness, their very identity. And yet, this extremely common human experience is so poorly understood. What are we to make of this time-honored taboo—universally forbidden yet universally practiced? Why do people cheat—even those in happy marriages? Why does an affair hurt so much? When we say infidelity, what exactly do we mean? Do our romantic expectations of marriage set us up for betrayal? Is there such a thing as an affair-proof marriage? Is it possible to love more than one person at once? Can an affair ever help a marriage? Perel weaves real-life case stories with incisive psychological and cultural analysis in this fast-paced and 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 can be healed. An affair can even be the doorway to a new marriage—with the same person. With the right approach, couples can grow and learn from these tumultuous experiences, together or apart. Affairs, she argues, have a lot to teach us about modern relationships—what we expect, what we think we want, and what we feel entitled to. They offer a unique window into our personal and cultural attitudes about love, lust, and commitment. Through examining illicit love from multiple angles, Perel invites readers into an honest, enlightened, and entertaining exploration of modern marriage in its many variations. Fiercely intelligent, *The State of Affairs* provides a daring framework for understanding the intricacies of love and desire. As Perel observes, “Love is messy; infidelity more so. But it is also a window, like no other, into the crevices of the human heart.”

Summary of Esther Perel’s *The State of Affairs* by Milkyway Media Milkyway Media, 2018-08-31 *The State of Affairs: Rethinking Infidelity* (2017) by sex and relationship expert Esther Perel is an examination of unfaithfulness in romantic relationships—what it is, why it happens, and how different cultures handle it—as well as an exploration of what affairs can teach all lovers about healthy relationships. Perel takes a non-judgmental approach to the motivations of the cheater and the outside lover, as well as to the contributions of the betrayed partner to the relationship crisis.. Purchase this

in-depth summary to learn more.

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.

Summary of The State of Affairs Cityprnt,2019-05-11 Summary of The State of Affairs: Rethinking Infidelity; Esther PerelNOTE: This is a summary guide and is meant as a companion to, not a replacement for, the original book.THE BOOK: The State of Affairs (2017) tackles the tough subject of infidelity. Cheating is widely condemned as immoral, and yet, at some point or another, many people do it anyway. This book offers a fresh look at infidelity and asks a difficult question: Is it such a bad thing after all?ABOUT THE AUTHOR: Esther Perel is a psychotherapist who specializes in modern-day love, partnership and dating. For over a decade, she has worked with a wide range of couples, counseling them through every variety of emotional difficulty, from betrayal to trust, infidelity to forgiveness. She also works as an organizational consultant, speaks nine languages and hosts the podcast Where Should We Begin? INTRODUCTION: Ask any American in a committed, monogamous relationship, and she'll probably tell you the same thing. Cheating destroys trust. It's the lowest blow you could deliver - the ultimate form of betrayal. And yet, meanwhile, millions of Americans in committed, monogamous relationships continue to cheat. Even if you can find examples of individuals who've remained utterly faithful to their current partners, the number of adult Westerners who've never cheated is low. So are unfaithful partners evil? Or is it perhaps that our prevailing views on infidelity are in need of some revision? These blinks address these and other complex questions, offering real-life examples to give a clearer picture of an often murky subject. This summary also explain -how infidelity threatens identity; - why jealousy isn't all bad; and -that, sometimes, secrecy is the best policy.

Analysis of Esther Perel's the State of Affairs by Milkyway Media Milkyway Media,2017-12-30 The State of Affairs: Rethinking Infidelity (2017) by sex and relationship expert Esther Perel is an examination of unfaithfulness in romantic relationships--what it is, why it happens, and how different cultures handle it--as well as an exploration of what affairs can teach all lovers about healthy relationships. Perel takes a non-judgmental approach to the motivations of the cheater and the outside lover, as well as to the contributions of the betrayed partner to the relationship crisis.Purchase this in-depth analysis to learn more.

Finding Hope in the Crisis Maura A. Matarese,2018-05-22 In the age of modern love, where people value and long to live authentically, many find themselves in a crisis of lost love. Whether they are going through a divorce, dealing with infidelity, trying to manage a manipulative partner or find themselves alone again and starting over, there is an anchor of hope inside of them and creative solution to their crisis. Utilizing the age old art of storytelling, this book shows the reader through clinical case studies, historical stories, mythology and even sporting events, how psychotherapy can help them find their inner hope and courage, so they can take a U-turn off the road of Loves Labors Lost and travel down the road of Loves

Labors Won.

The New Sociology of Ageing Martin Slattery, 2021-11-29 The New Sociology of Ageing explores the challenges and opportunities of ageing as a global force. Alongside globalisation, urbanisation, new technology, climate change, and global pandemics, ageing is transforming life in the twenty-first century. Through the eyes of a young sociology student and her multigenerational family, this book sets out a new sociological framework to interpret ageing societies. It explores how the 'New Old' – the baby boomer generation – might be mobilised as an agency of social change in transforming later life. It proposes this generation as the co-architects of a new intergenerational social contract for the era ahead, rather than as the recipients of a post-war twentieth-century social contract that society can no longer support. Taking Britain as a case study and societies across the world as examples, Slattery explores emerging revolutions in work and retirement, potential crises in pensions, healthcare and housing, as well as transformations in family life and in our attitudes to sex and death in later life. This book provides a clear overview of the sociology of ageing. It introduces students to demography as a sociological force of the future, and to the perils and the promises of longevity as societies across the world approach the Hundred-Year Life. This book will be of interest to undergraduate students and early scholars in the social sciences, particularly in sociology, gerontology, social policy, and public health.

Rules of Estrangement Joshua Coleman, PhD, 2024-09-03 A guide for parents whose adult children have cut off contact that reveals the hidden logic of estrangement, explores its cultural causes, and offers practical advice for parents trying to reestablish contact with their adult children. "Finally, here's a hopeful, comprehensive, and compassionate guide to navigating one of the most painful experiences for parents and their adult children alike."—Lori Gottlieb, psychotherapist and New York Times bestselling author of *Maybe You Should Talk to Someone* Labeled a silent epidemic by a growing number of therapists and researchers, estrangement is one of the most disorienting and painful experiences of a parent's life. Popular opinion typically tells a one-sided story of parents who got what they deserved or overly entitled adult children who wrongly blame their parents. However, the reasons for estrangement are far more complex and varied. As a result of rising rates of individualism, an increasing cultural emphasis on happiness, growing economic insecurity, and a historically recent perception that parents are obstacles to personal growth, many parents find themselves forever shut out of the lives of their adult children and grandchildren. As a trusted psychologist whose own daughter cut off contact for several years and eventually reconciled, Dr. Joshua Coleman is uniquely qualified to guide parents in navigating these fraught interactions. He helps to alleviate the ongoing feelings of shame, hurt, guilt, and sorrow that commonly attend these dynamics. By placing estrangement into a cultural context, Dr. Coleman helps parents better understand the mindset of their adult children and teaches them how to implement the strategies for reconciliation and healing that he has seen work in his forty years of practice. *Rules of Estrangement* gives parents the language and the emotional tools to engage in meaningful conversation

with their child, the framework to cultivate a healthy relationship moving forward, and the ability to move on if reconciliation is no longer possible. While estrangement is a complex and tender topic, Dr. Coleman's insightful approach is based on empathy and understanding for both the parent and the adult child.

Want Julie Peters, 2019-05-02 “Peters takes readers on her own personal journey from trauma to reconnecting with her body, emotions, and eventually her own desire and sexuality.” —Xanet Paillet, bestselling author of *Living an Orgasmic Life* We know, increasingly, how common and devastating sexual violence is for women, but we don’t always talk about how survivors can recover from the trauma and return to desire, sexuality, trust, and pleasure. *Want* is the story of how Julie Peters did just that—and how you can, too. In the years after the assault, Julie was in what she calls the fog of trauma: the colorless, tasteless experience of barely getting through the day. No one—not counsellors, support groups, or other survivors—could give her any advice about how to find the desire that could bring her back to joy, intimacy, and connection. She had to make it up on her own. In *Want*, Julie tells the story of getting from the devastation of trauma to living a full life in eight sometimes challenging, often bumbling, and occasionally delightful steps. Your loved ones may not know how to support you, but they can learn more about your experiences and how to walk alongside you through this book, just as you can learn how to recover from the trauma you’ve experienced. *Want* offers a window into one person’s experience of recovery—plus the happy ending we all need to know is possible after trauma. “With unwavering honesty, penetrating insight, warmth, humor, and aplomb, she lays out strategies for a tangible, nourishing, and vitally ferocious self-love.” —Jeremy Radin, poet, author of *Dear Sal*

THE AGEING OF GREAT BRITAIN Martin Slattery, 2019-11-19 Great Britain is ageing, but doesn’t seem to know it. Despite numerous warnings from official reports, the Government has ignored or neglected the ‘car-crashes’ ahead. Our Health & Social Care services, our pensions system and our housing provision are all in crisis whilst almost every family now faces the dilemma of ageing parents and boomerang children unable to leave home. Yet it doesn’t have to be all doom & grey gloom. In this detailed new book, Martin Slattery seeks to show there is a “silver side” to this Age Revolution; the potential for a New Age manifesto that might propel Ageing up the political agenda, create a new Intergenerational Social Contract and force the government to plan ahead for the 100 Year Life now facing over a third of all children born today. If the Japanese, the Scandinavians and the Bolivians can do it, why not Great Britain? We owe that to our children and to the generations ahead. Welcome to the Ageing World of the 21st Century!

How to Menopause Tamsen Fadal, 2025-03-25 INSTANT NEW YORK TIMES BESTSELLER • USA TODAY BESTSELLER • PUBLISHER'S WEEKLY BESTSELLER • Next Big Idea Club Must Read Book EXPERT-DRIVEN, GIRLFRIEND-APPROVED • The perimenopause and menopause manual that cuts through the chaos so you can take back control of your body, your confidence, and your life—from Emmy award-winning journalist, documentary filmmaker, and social media powerhouse

Tamsen Fadal. If you're ready to feel like yourself again, this book is the talk you never had. Packed with actionable steps and evidence-based tools from a team of 42 experts including neuroscientists, menopause-certified physicians, sex and relationship therapists, sleep doctors, and a variety of lifestyle mentors, and synthesizing research, stories, and strategies in a way that only a journalist can, Tamsen Fadal helps you be your best advocate in a medical system not designed to treat women in midlife; understand the options that tame your symptoms, whether it's hormone therapy, supplements, or lifestyle changes; implement science-backed strategies to get the best sleep of your life; be able to talk to your partner about sex, low libido, painful intercourse, or how your hormones might be impacting your relationship; embrace your style (hair, makeup, clothes) to match your changing body; learn simple workouts, skincare tips, and delicious recipes to deal with belly fat, dry skin, and hair loss (and don't worry, it's not all kale salads); navigate menopause in the workplace—and much, much more. *How to Menopause* answers all the questions you didn't know to ask, and brings you into a conversation with millions of other women. Together, we can embrace a stronger, sexier self at every stage of midlife—from perimenopause through menopause and into our bolden years. *How to Menopause* is more than just advice—it provides a lifeline. Through her honesty, humor, research, and relentless commitment to women's health, Tamsen Fadal has created a guide that is both practical and deeply personal. Whether you're just beginning to experience perimenopause or well into this transition, these words will leave you feeling more confident, more informed, and most importantly—never alone. —Lisa Mosconi, PhD, New York Times bestselling author of *The Menopause Brain* “For all of those millions of women out there, struggling with learning how to deal with menopause, Tamsen Fadal has written the menopause Bible! Ladies you will see yourself reflected in page after page. You will no longer feel alone by being 100% seen. It's also full of ways to begin managing this new glorious phase of life!” – Halle Berry

Escaping the Matrices Conrad Riker, 101-01-01 Are you tired of being manipulated by a society that seems to favor one gender over another? Do you feel like the people in power have created a system that keeps you down while promoting others? You're not alone, and that's where this book comes in. If you're ready to take control of your life and break free from the control of societal expectations, ideals, and expectations, then this book is for you. With practical advice and expert insights, *Escaping the Matrices* provides a roadmap to help you understand the forces at work that are holding you back, and how to overcome them. Some of the key points you'll discover in this comprehensive guide include: - How to recognize and fight back against the feminist matrix that has replaced traditional family structures and gender roles. - The importance of understanding the historical and cultural context of modern progressivism in order to debunk its false teachings. - The essential skills and knowledge you need to succeed in the modern work environment. - The power of understanding human evolutionary biology and psychology to make better decisions and avoid the pitfalls of societal pressure. - Practical strategies for reclaiming your masculinity in a world that often seeks to suppress it. - The political and economic implications of left-

wing ideologies such as Marxism, critical theories, gender studies, and more. - How to navigate relationships and personal life while staying true to your core values. - The steps you can take right now to take control of your life and achieve the success and happiness you deserve. Don't let society dictate who you are and what you can achieve. Take control of your future and unlock your full potential with the guidance and insights found in *Escaping the Matrices: How Knowledge and Understanding Will Empower Men in the Modern World*. If you want to break free from the matrices, then buy this book today!

This One Wild Life Angie Abdou, 2021-04-13 From the author of Canada Reads finalist *The Bone Cage*. Includes research on the shy child, parent-child bonding, social media issues, and the benefits of outdoor activity and nature immersion. Disillusioned with overly competitive organized sports and concerned about her lively daughter's growing shyness, author Angie Abdou sets herself a challenge: to hike a peak a week over the summer holidays with Katie. They will bond in nature and discover the glories of outdoor activity. What could go wrong? Well, among other things, it turns out that Angie loves hiking but Katie doesn't. Hilarious, poignant, and deeply felt, *This One Wild Life* explores parenting and marriage in a summer of unexpected outcomes and growth for both mother and daughter.

How to Love Someone Without Losing Your Mind Todd Baratz, LMHC, 2024-06-04 A sanity-saving guide that cuts through the sky-high expectations of modern love and helps you build healthier and more fulfilling relationships, from the creator of viral Instagram account YourDiagnonsense "Witty, practical, fun, and deeply honest." —Terrence Real, New York Times bestselling author of *Us You're not crazy. You're human*. Modern love is a mess and life is (spoiler alert!) very hard. Whether you're in a committed relationship or on the apps, buckle up, there's a lot to unlearn. *How to Love Someone Without Losing Your Mind* is your guide to sanity in a culture gone mad. Psychotherapist and sex therapist Todd Baratz blends sharp humor with raw insight as he challenges us to break every rule about love. It's time to move beyond the relentless pursuit of the perfect partner, to challenge the stigma against neediness, and to rethink our obsession with diagnosing common challenges as disorders. Instead, he offers an empowering new perspective: Embrace challenges, feel deeply, make mistakes, learn, and grow. Drawing from his extensive experience as both a therapist and a patient, Baratz shares stories of navigating his personal traumas and guiding others through theirs. This book is an invitation to understand your life as part of a larger cultural narrative. It encourages you to delve into your history, cultivate self-awareness, and take responsibility in your relationships. By doing so, you can move beyond the fairy tale and transform your approach to love.

The End of Love Eva Illouz, 2019 Introduction: from choice to non-choice -- Premodern courtship, social certainty and the rise of negative relationships -- Confusing sex -- The rise of ontological uncertainty -- A freedom with many limits -- Divorce as a negative relationship -- Conclusion: negative relations and the butterfly politics of sex -- Acknowledgments -- Notes -- Bibliography.

The Heart-Home Builder: Cultivating an Inner Sanctuary with Christ amid Life's Difficulties Rachel

Braunscheidel, 2018-10-25 We all have struggles in life that interrupt our feelings of peace. Burdens weigh heavy on us and we ache for a sense of refuge, hope, and belonging. In the midst of this exploration, a promise reaches out from the gospel: Jesus tells us that when we welcome him into our hearts, he will draw near and make his home with us (John 14:23). But what if this heart-space was something more of a heart-home? In *The Heart-Home Builder*, author Rachel Braunscheidel ponders what a heart-home is and how we can cultivate one even in the midst of life's difficulties. Rachel shares her own experiences with chronic illness and invites you into the hope she's found despite this pain. It is an invitation and an adventure to find deep hope, grace, and belonging right in the center of our souls.

First Love Lisa A. Phillips, 2025-02-04 A critical resource for parents to help their teens through the perplexing world of love and heartbreak. Today's young people are beginning their love lives in a time of rapidly changing ideas and ideals about identity, commitment, sexuality, and consent. For parents, the new realities of teenage relationships can be both mystifying and daunting. In *First Love: Guiding Teens through Relationships and Heartbreak*, Lisa A. Phillips chronicles the challenges today's adolescents face as they navigate crushes, dating, and breakups-and the challenges adults face as they strive to provide guidance and support. Phillips sheds light on how the relationships teens have today are different from their parents' generation, including their reliance on technology and social media, the rise of young people identifying as LGBTQ+, high rates of depression and anxiety, and consent consciousness. She provides concrete strategies and insights from experts and teens themselves on ways parents and other adults can help young people cope with the timeless issues of love and heartbreak. Told from the perspective of a professor, mother, and award-winning journalist, *First Love* is a critical resource for parents, educators, mental health professionals, and others who want to understand the new realities of teen relationships-and help teens become caring, self-aware, and thriving young adults.

Not Too Old for That Vicki Larson, 2022-04-04 Helps women break through the tired and hurtful stereotypes of aging to better reflect who they are, how they live, and what they want as they age. Who hasn't heard the stereotypes about women of a certain age?" That's the age when women become invisible, irrelevant, undesirable, asexual, unhinged, dried-up, hormonal messes. It's when women quickly slide into fragility and become forgetful, passive, weak, feeble, debilitated, disabled, dependent, and depressed. Or so the story goes. Not only are those outdated narratives sexist and ageist, they are also damaging to women's physical, emotional, financial, romantic, and sexual health. It's time to change them. In *Not Too Old for That*, Vicki Larson helps change the narrative about being a woman at midlife and older. She questions what we've been told aging would be like and encourages us to instead ask ourselves, what do we want it to be like, and how can we get there? The key is to be curious, open-minded, and intentional about the ways we are becoming our future selves. We have an opportunity to create new narratives of aging as a woman, ones that value women at all stages of life, not just youth, and it

starts with us. Once the stereotypes that have held women back are broken down, women can move past them and rather than feel helpless as the years add up, they can discover and tap into just how much agency they have. Not only will this book help to create a less-ageist, less-sexist, more-inclusive future, it will release our daughters and all young women from a similar future.

Blow Your House Down Gina Frangello, 2021-04-06 A New York Times Book Review Editors' Choice • A Good Morning America Recommended Book • A LitReactor Best Book of the Year • A BuzzFeed Most Anticipated Book of the Year • A Lit Hub Most Anticipated Book of the Year • A Rumpus Most Anticipated Book of the Year • A Bustle Most Anticipated Book of the Month A pathbreaking feminist manifesto, impossible to put down or dismiss. Gina Frangello tells the morally complex story of her adulterous relationship with a lover and her shortcomings as a mother, and in doing so, highlights the forces that shaped, silenced, and shamed her: everyday misogyny, puritanical expectations regarding female sexuality and maternal sacrifice, and male oppression. —Adrienne Brodeur, author of *Wild Game* Gina Frangello spent her early adulthood trying to outrun a youth marked by poverty and violence. Now a long-married wife and devoted mother, the better life she carefully built is emotionally upended by the death of her closest friend. Soon, awakened to fault lines in her troubled marriage, Frangello is caught up in a recklessly passionate affair, leading a double life while continuing to project the image of the perfect family. When her secrets are finally uncovered, both her home and her identity will implode, testing the limits of desire, responsibility, love, and forgiveness. *Blow Your House Down* is a powerful testimony about the ways our culture seeks to cage women in traditional narratives of self-sacrifice and erasure. Frangello uses her personal story to examine the place of women in contemporary society: the violence they experience, the rage they suppress, the ways their bodies often reveal what they cannot say aloud, and finally, what it means to transgress being good in order to reclaim your own life.

The Book Ninja Ali Berg, Michelle Kalus, 2018-05-21 Sometimes love means having to broaden your literary horizons. Frankie Rose is desperate for love. Or a relationship. Or just a date with a semi-normal person will do. It's not that she hasn't tried. She's the queen of dating. But enough is enough. Inspired by her job at The Little Brunswick Street Bookshop, Frankie decides to take fate into her own hands and embarks on the ultimate love experiment. Her plan? Plant her favourite books on trains inscribed with her contact details in a bid to lure the sophisticated, charming and well-read man of her dreams. Enter Sunny, and one spontaneous kiss later, Frankie begins to fall for him. But there's just one problem - Frankie is strictly a classics kind of gal, and Sunny is really into Young Adult. Like really. A quirky and uplifting love letter to books, friendship and soulmates. Film rights have been optioned. Praise for *The Book Ninja* 'A funny, quirky read with a fantastically book-ish flavour.' Kelly Rimmer, bestselling author of *Before I Let You Go* and *The Things We Cannot Say* 'I could not put *The Book Ninja* down. It's so very Melbourne ... It's young and funny, and very modern. It was written very beautifully.' Carly Findlay OAM, author and activist 'Great read! Highly recommend. Original idea and really well written.' Chyka Keebaugh, *The Real*

Housewives of Melbourne 'Hilarious, heartwarming, amazing.' Pip Drysdale, bestselling author of The Sunday Girl and The Strangers We Know 'An unbelievable love story in a very believable world. It was funny, sad and so, so relatable. I loved every page!' Sophie Dillman, Home and Away 'A light hearted, quirky romance' Herald Sun 'A delightful, funny read' Good Reading 'A clever, loveable book that is to be enjoyed. Maybe even hugged' Better Reading 'This was a fantastic five star read for me and a great breath of fresh air. Read it with a cheeky glass of wine and then share it with your bestie.' Crazy Book Lady, Instagram 'This book celebrates the joys of reading anything from childhood classics to YA and onwards. Ah my bookworm heart is all excited just thinking. About my old faves plus the potential of future reads.' What Jane Read, Instagram 'Still looking for love online? Forget it. The Book Ninja is the only thing a modern girl needs in her dating toolkit.' Sharon Krum, journalist and author

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State Of Affairs Esther Perel Introduction

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