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Mating In Captivity

mating in captivity

sex, lies and
domestic bliss

Esther Perel



Synopsis

When you love someone, how does it feel? And when you desire someone, how is it different? In *Mating in Captivity*, Esther Perel looks at the story of sex in committed couples. Modern romance promises it all - a lifetime of togetherness, intimacy and erotic desire. In reality, it's hard to want what you already have. Our quest for secure love conflicts with our pursuit of passion. And often, the very thing that got us to into our relationships - lust - is the one thing that goes missing from them. Determined to reconcile the erotic and the domestic, Perel explains why democracy is a passion killer in the bedroom; argues for playfulness, distance and uncertainty; and shows what it takes to bring lust home. Smart, sexy and explosively original, *Mating in Captivity* is the monogamist's essential bedtime listen.

Book Information

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Customer Reviews

I think there is tremendous value in Perelman's insight that intimacy--marked by safety, closeness, and familiarity--and desire--marked by space, mystery, and risk-taking--are two distinct things. They not necessarily be opposed for many of us (thank God), but they are not the same, and need to be cultivated differently if we want to have a long term relationship marked by both loving security and erotic passion.

I started listening to Esther's podcast which I loved and wanted to read her book as well. Her alternative views and unusual relationship advice is really mind-altering. Super interesting things to keep in mind if you're in a relationship. I thoroughly enjoyed this - to be frank it was kind of

life-changing for me. Great read.

An honest and relevant exploration of human sexuality in relationship to monogamous relationships. Clever, insightful and well delivered - this book is a must have for those who wish to create certainty and passion within their intimate relationships.

The book deserves credits for opening up candid discussions on several subjects. However the attempt to build the argument based on 'American' culture v.s. 'European' culture failed due to the crude simplification which omitted many facets of the different cultures and it is misleading.

This book will open your eyes and challenge you to rethink relationships and the standard narrative that exists in many societies.

I saw her TED talk a couple of times. Perel is hilarious and very smart. I loved every chapter, especially the stories used for illustration (I tend to dislike psychology books with patient stories). I especially liked the fact she's a foreigner in the US and shows the foreign perspective.

Loved her insights and her thoughts about the power dynamics of Eros, and how they need to be regularly evaluated in committed relationships. America isn't as open minded as perhaps Perel, or a lot of people, would like it to be... But she suggests pushing through that towards more self honesty regarding not only our emotional but sexual/passionate lives is the real key towards sustaining desire. I highly recommend for singles or couples!

This book will tell you the scenario of a bunch of different couples which is a great method because it allows you to notice little things in each story that is relevant to you. I don't think there is a couple out there that is exactly like me and my wife but being able to get many different points of view allows me to identify with them all in some way. The biggest thing I got out of this book is that others feel the way I do and she gives many things to try and talk about in all the situations.

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