



Clear Hearts
Quaker Circle

Non-Monogamy Resource List for Friends (June 2025)

***Note:** *this is a topic where doing your own research is NOT advised as a starting point! The internet has a huge variety of opinions and perspectives on non-monogamy, not all of which fit with Friends' experiences of, or beliefs about, non-monogamy. Start with the resources below first, and then continue with your own research as led – including talking to openly polyamorous Friends. If you reach out to us at info@clearheartsquaker.org, we can connect you with someone.*

∞ [Polyamory Glossary](#)

∞ [12 Questions People In Polyamorous Relationships Are Sick Of Hearing](#)

∞ Kody Hersh's May 2016 article: [A Gospel of Quaker Sexuality](#), where they talk about being polyamorous.

∞ A Friend has written about her experience as a Queer, Polyamorous Quaker and her family's struggle to find a truly welcoming and inclusive community. This document is available by request (email info@clearheartsquaker.org).

∞ The September 2024 Friends Journal article: [True to Your Word](#), written by a polyamorous Friend.

∞ [Monogamy? In *this* Economy?](#) by Laura Boyle is a good introduction to the broadly shared mundane details of polyamorous life. If your local public library does not have a copy, you can ask them to order it, or request a copy through inter-library loan.

As you go deeper, remember that people who write about polyamory do not all agree with each other, and they frequently assign sweeping moral and ethical judgments to their differences. It is best to accept that there is no such thing as “the polyamorous community.” After all, there is no such thing as the “monogamous community” – there are complementarians, egalitarians, people who insist all sex must occur within marriage, people who insist marriage is an irredeemably oppressive patriarchal institution, people who condemn divorce, people who are champions of no-fault divorce, etc.

Further Selections from Resources Compiled for FLGBTQC Midwinter Gathering 2023

[LGBTQIA+ Wiki](#) (website)

[Asexual Visibility and Education Network](#) (website)

[Polyamory Society](#) (website)

[Polyamory Today](#) (website)

[Loving More Nonprofit](#) (website)

[Make Room at the Table: Welcoming Polyamorous Families into the Life of the Church](#) (website)

[Polyamory Versus Non-Monogamy: Here's the Key Difference](#) (article)

[What Is an Anchor Partner? Unpacking the Polyamory Term](#) (article)

[What Is an Open Relationship, and Is It a Fit For You?](#) (article)

[Polyamory Dictionary](#) (article)

[Polyamorous Relationships: What Is Polyamory And How Does It Work?](#) (article)

[*Polysecure: Attachment, Trauma and Ethical Non-Monogamy*](#), by Jessica Fern (book)

[*Compersion: Polyamory Beyond Jealousy*](#), by Hypatia from Space (book)

[*Fifty Years of Polyamory in America: A Guided Tour of a Growing Movement*](#), by Glen W Olsen and Terry Lee Brussell-Rogers (book)

[*Love and Freedom: Transcending Monogamy and Polyamory*](#), by Jorge N Ferrer (book)

[*Rewriting the Rules*](#), by Meg-John Barker (book)

[*Stepping Off the Relationship Escalator: Uncommon Love and Life*](#), by Amy Gahran (book)

[*Dealing with Difficult Metamours*](#), by Page Turner (book)

[*Designer Relationships*](#), by Mark A Michaels (book)

[*It's Called "Polyamory:" Coming Out About Your Nonmonogamous Relationships*](#), by Tamara Pincus and Rebecca Hiles (book)

[*Mono in a Poly World: What to do When Your Partner is Polyamorous and You Aren't*](#), by Tamzyn Ozga (book)

[*Navigating Polyamory and Monogamy: A Guide to Healthy Conscious Relationships*](#), by Allena Gabosch (book)

[*Open Love: The Complete Guide to Open Relationships, Polyamory and More*](#), by Axel Neustadter (book)