



Polyamory and Jealousy: A More Than Two Essentials Guide

By Eve Rickert, Franklin Veaux

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“How do you deal with jealousy?” It’s the first question many people ask when they hear about polyamory. Tools for dealing with jealous feelings are among the most basic resources in a well-equipped polyamory toolkit.

Eve Rickert and Franklin Veaux, authors of the popular polyamory book *More Than Two: A Practical Guide to Ethical Polyamory*, present *Polyamory and Jealousy*, part of the *More Than Two Essentials* series. The essentials take sections from *More Than Two*, expand on them, and present them in a practical, easy-to-use format that can be read in a single sitting.

In this booklet, you will find pragmatic ways to handle feelings of jealousy when they arise. You’ll learn tools for identifying jealousy, strategies for decoding what it means, and hands-on advice for dealing with it before it undermines your relationship.

If jealousy is a problem for you or someone you love, this companion to *More Than Two* offers a path through the wilderness.

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