

Insatiable Wives: Women Who Stray and the Men Who Love Them

By David J. Ley

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This enlightening work investigates the history, incidence, and causes of a unique sexual lifestyle pursued by increasing numbers of couples. It is called by many names, and lived in a variety of ways by different couples. The most common terms used to describe it are 'hotwife' or 'cuckold lifestyle.' This sexual practice, a form of sexual nonmonogamy, is distinguished from swinging and polyamory in that the husband rarely seeks sexual contact outside the marriage except for participation in group sex with his wife and other men, while the wife is permitted and often encouraged to pursue unrestrained sexual encounters with other men. The author includes interviews and comments from couples living the lifestyle throughout the U.S., and presents the stories in an attempt to determine the history of this sexual practice and its role in society and in relationships. He explores the psychological, social, biological, and evolutionary underpinnings of this uncommon and socially taboo behavior in an effort to make it more comprehensible to those engaged in the lifestyle and those who are just curious.

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Editorial Review

From Publishers Weekly
Clinical psychologist Ley forges into new territory to examine the long-lived, but little-known "hotwife phenomenon." In extensive interviews with couples, Ley discovers educated, successful individuals with strong, healthy marriages in which wives are allowed, and expected, to sleep with other men. These couples demonstrate high degrees of communication and mutual respect while also asserting that the lifestyle, initiated by the wives, has strengthened their marriages. Interviews lead Ley to track the origins of monogamy and the reasons why "female sexuality was constrained in our society and history," including analysis of the term "cuckoldry," the evolution of laws designed to protect the family, and the Madonna/whore dichotomy, alongside the medical and societal costs of keeping women under sexual lock-and-key. Well-written and thoroughly researched, Ley's survey of an evolving marriage lifestyle highlights qualities vital to any relationship, especially honest and consistent communication.
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Review
Consensual nonmonogamy is bursting out of the closet, gaining wider attention from therapists, researchers and the larger public. One particular kind of nonmonogamy, the hotwife/cuckold dynamic, shows how some people express and explore their sexuality by taking a less-trodden path. This book serves as a great introduction – not just in providing some important basic information and a meaningful context, but by emotionally accompanying the reader who might be taking their first intellectual steps in understanding the hotwife / cuckold dynamic or understanding consensual nonmonogamous sexuality in successful long-term relationships. (Richard A. Sprott, Ph.D., executive director of CARAS (Community-Academic Consortium for Research on Alternative Sexualities))

What is most compelling is not the sexual titillation, found aplenty in this book, but being taken along on Dr. Ley's clinical journey, exploring controversial aspects of sexuality. (Carole Lieberman, M.D., M.P.H., Psychiatrist and Bestselling Author of Bad Boys: Why We Love Them, How to Live with Them, and When to Leave Them)

Well-written and thoroughly researched, Ley’s survey of an evolving marriage lifestyle highlights qualities vital to any relationship, especially honest and consistent communication. (*Publishers Weekly, Web Exclusive Review October 2009*)

Recommended. (*CHOICE, April 2010*)

Insatiable Wives is an intimate, erudite exploration of the "hotwives" or "cuckold" phenomenon.... The book is well-written and well-researched.... It's engaging enough to be a "beach book" (the cover will get you some odd looks from the next towel over) and substantive enough to serve as an excellent sexological resource after you've shaken the sand from its pages. (*Contemporary Sexuality, June 2010*)

Ley has written a valuable and important book. Regardless of what your values and preferences may be, this book is thoroughly engrossing and impressive in its thoughtful, disciplined, informative approach. Western culture and psychological theories have led us to think that no man will tolerate his wife having sex with other men, but this book shows that in fact such practices have existed across cultural and historical boundaries. Some men not only tolerate but positively enjoy the amorous adventures of their wives. The

mixture of history and science, anecdote, and interview makes this a truly remarkable book. Anyone interested in the range and breadth of human sexual activity, whether from personal curiosity or professional interest, will find this well-written and carefully researched book to be enlightening and entertaining. (Roy F. Baumeister, professor of psychology, Florida State University)

From the Author
I wrote this book in order to better understand the marriages and sexual practices of a unique group of people who choose to engage in sexual behaviors that most societies have condemned and labeled as taboo. Along the way, I learned a tremendous amount about female and male sexuality, and about the integral ingredients of healthy marriages. This book is not about my own sexuality, any more than it is about the sexuality of all men and women, and all husbands and wives. Whether you are interested in this lifestyle or not, this book will change the way you look at sexuality within (and without) a marriage.

Users Review

From reader reviews:

Brandon Li:

As people who live in the particular modest era should be update about what going on or details even knowledge to make these people keep up with the era which is always change and move forward. Some of you maybe will update themselves by reading books. It is a good choice for you but the problems coming to an individual is you don't know what one you should start with. This Insatiable Wives: Women Who Stray and the Men Who Love Them is our recommendation so you keep up with the world. Why, because book serves what you want and want in this era.

Karen Jude:

The actual book Insatiable Wives: Women Who Stray and the Men Who Love Them will bring you to definitely the new experience of reading some sort of book. The author style to describe the idea is very unique. In case you try to find new book you just read, this book very suitable to you. The book Insatiable Wives: Women Who Stray and the Men Who Love Them is much recommended to you to learn. You can also get the e-book in the official web site, so you can quicker to read the book.

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