



A Polyamory Devotional: 365 Daily Reflections for the Consensually Nonmonogamous

Evita Sawyers

Thornapple Press (Oct 20, 2023)

Softcover \$29.95 (400pp)

978-1-990869-04-4

Polyamorous relationship coach Evita Sawyers's *A Polyamory Devotional* shares a year's worth of daily insights into ethical nonmonogamy. It's an intimate look at the emotional ups and downs of polyamory and the self-awareness that is needed to navigate a complex relationship paradigm involving multiple partners.

There is advice for anyone in any relationship in the book, as with encouragements against agreeing to commitments or behaviors that cannot be sustained and understanding that it is not necessary to be perfect to be loved. Most of the content, however, is specific to people in polyamorous relationships, who are advised against being intimidated by other people their partners are in a relationship with and not forcing opinions on a partner about another relationship they are in. The advice is thoughtful and sound, acknowledging that each relationship is different and must be respected.

Each day's entry concludes with a question for reflection—an opportunity to explore its observations on a personal level and to understand how the book's lessons can be applied to any relationship. The result is an honest, insightful book that addresses the joys, challenges, and work that goes into navigating nonmonogamous relationships.

CATHERINE THURESON (September / October 2023)

Disclosure: This article is not an endorsement, but a review. The publisher of this book provided free copies of the book to have their book reviewed by a professional reviewer. No fee was paid by the publisher for this review. Foreword Reviews only recommends books that we love. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.