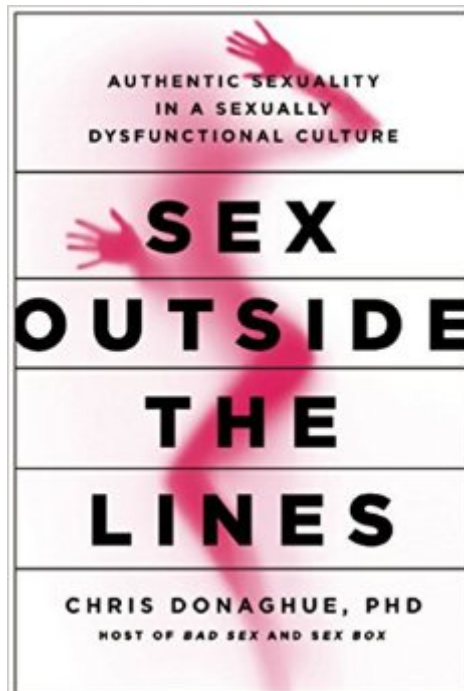


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Sex Outside The Lines: Authentic Sexuality In A Sexually Dysfunctional Culture



Synopsis

It's socially acceptable to spend a day watching sports or sitcoms, but it's shameful and embarrassing to admit to the same about erotic media. Why is it that sex is so often deemed 'inappropriate' and considered something we must keep private or even ignore? Our culture is afraid of sex. We feel the need to label what is normal and what isn't, and as a result, we live in a relational and sexually unhealthy culture. In reality, far more harm is caused by labeling sexual expression as 'obscene' than by celebrating it. In *Sex Outside the Lines: Authentic Sexuality in a Sexually Dysfunctional Culture*, Chris Donaghue, PhD, explores and challenges the negative ideals that have warped society's view of sex. *Sex Outside the Lines* is not a dogmatic rule book, but a valuable guide to help you on your journey to sexual self-discovery and, most important, self-acceptance. Donaghue encourages you to not only explore your capacity for pleasure, but to be proud of it and to take a look at how you could be living. In his years of training in sex and couples therapy, Donaghue has developed highly successful methods for freeing clients from sexual hang-ups, enabling them to let go of shame and embarrassment. The goal isn't to be 'normal'; there is no such thing. Donaghue pulls apart cultural phobias with a sex-positive therapy practice, as well as a kind of sexual deprogramming that helps people see and accept that the desires they have—even if they don't align with society's expectations—are actually natural, healthy, and part of having a great sex life. *Sex Outside the Lines* addresses our diversity, challenges conventional psychiatric wisdom as classifying perfectly normal behavior as disorders, and disregards conventional advice from leading experts. It isn't advocating a 'liberal' approach to modern concepts; it is seeking to redefine them altogether.

Book Information

Hardcover: 256 pages

Publisher: BenBella Books (July 14, 2015)

Language: English

ISBN-10: 1940363780

ISBN-13: 978-1940363783

Product Dimensions: 6.1 x 1.2 x 9.1 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars [See all reviews](#) (16 customer reviews)

Best Sellers Rank: #160,574 in Books (See Top 100 in Books) #34 in [Books > Politics & Social](#)

Sciences > Social Sciences > Pornography #233 in Books > Self-Help > Relationships > Dating #424 in Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality

Customer Reviews

I sought this book out after hearing Chris Donaghue on the Art of Charm podcast. He had some interesting insights about fidelity and gender roles, among other topics, and I was enthusiastic to see the fuller picture of his work. That picture, as represented by this book, is dismally disappointing. Donaghue is eager to tear apart traditional sexual mores, and I applaud that. Unfortunately, in his zeal, he makes no effort to understand the history of sex and relationships. He repeatedly refers to monogamy and traditional marriage agreements, for example, as "arbitrary." He seems to imagine some kind of reverse Garden of Eden, in which humans lived in complete sexual freedom before the dark agents of society came in and ruined all the fun. He demonstrates no understanding of the biological, physical and economic realities that shaped the relationship traditions of the past and present. Some of these traditions are damaging and outdated now that those realities have changed, for sure, but they're not arbitrary. And I don't see how we can create a new, functional, sex-positive culture if we don't understand where the old one came from. Donaghue has no patience for this. Scattered between Donaghue's interesting insights are some alarmingly stupid assertions, such as one that monogamy is no longer a realistic goal because we're living longer today than ever before. Really? So monogamy was fine when we were only living into our 60s, but once we get into our 70s and 80s we really need some sexual variety? Nonsense like this doesn't reflect more than a moment's thought, let alone scientific rigor. I would expect better than this from a "certified sex therapist." That brings me to a disheartening point.

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