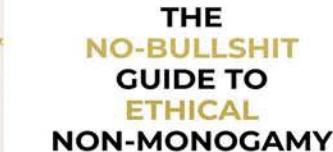


CURIOUS

CAUTIOUS



THE  
NO-BULLSHIT  
GUIDE TO  
ETHICAL  
NON-MONOGAMY

For the Curious,  
the Cautious,  
and the Currently in It

By C.L. & D.J. Aaron

ALREADY IN IT

# PRESS KIT: NAVIGATE ETHICAL NON-MONOGRAMY

— NO BULLSHIT NEEDED —

FOR IMMEDIATE RELEASE — October 15, 2025

## *The No-Bullshit Guide to Ethical*

*Non-Monogamy* is a grounded, practical guide to love beyond monogamy. Drawing on law, psychology, and lived experience, it replaces outdated scripts with real tools for honesty, boundaries, and repair.

## Key Quotes from the Book

“Your ‘no’ is not a negotiation, a suggestion, or a moral failing. It is your sovereign right and a sacred act of self-respect.”

“The entry requirement for ethical non-monogamy is not perfection; it is a commitment to repair.”

“Being placed on a pedestal is not a compliment; it is a cage. Being highly sought after is not the same as being highly valued.”

“Love may be infinite. You are not. Your time, energy, attention, and money are all finite resources.”

“You do not ‘win’ at this by collecting the most partners or by staying in a relationship the longest. Longevity is not the goal. Integrity is.”

## QUICK FACTS

- 42 Chapters on Real Tools
- Lived Experience + Research
- Dark Sides, Coercion, & Ethical Traps
- No Dogma. No Utopia. Just Real Tools

## About the Authors

C.L. & D.J. Aaron are a pseudonymous married couple drawing from lived experience in ethical non-monogamy and professional backgrounds in law, psychology, and education. Their work blends research, real-world insight, and a no-nonsense approach to modern relationships.

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