



THE

MULTI AMORY

PODCAST

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THE
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“The Multiamory Podcast was created because we were tired of the same old, toxic dating advice.”

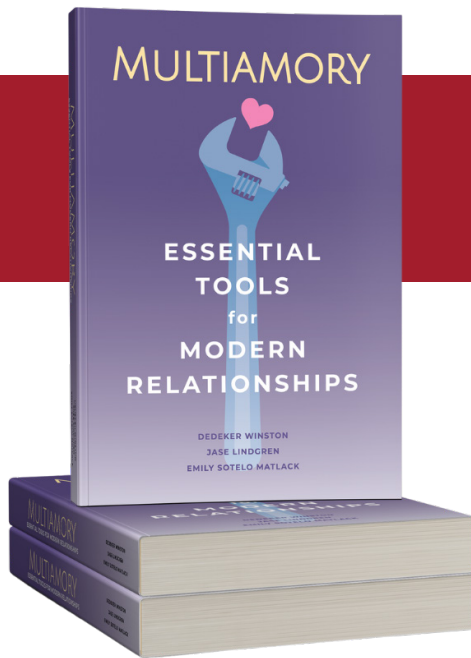
Emily, Dedeker, and Jase offer new ideas and advice for multiple forms of love: everything from conscious monogamy to ethical polyamory and radical relationship anarchy. They combine the knowledge from their years of personal experience with the best information available and present it in a way that’s entertaining, thought-provoking, and easy to apply to your relationships.

FROM THE HOSTS OF THE MULTIAMORY PODCAST

MULTIAMORY

ESSENTIAL TOOLS for MODERN RELATIONSHIPS

BY DEDEKER WINSTON, EMILY SOTELO MATLACK & JASE LINDGREN



AVAILABLE: 05/23/23 - [PREORDER TODAY!](#)

Relationships aren't "one-size-fits-all" so why should relationship advice be? *Multiamory* offers practical, research-based communication tools for the full spectrum of modern relationships.

When *Multiamory* authors Dedeker Winston, Emily Sotelo Matlack and Jase Lindgren started producing their advice show about polyamory and other non-traditional relationships, they received dozens of questions from listeners about all sorts of relationship quandaries and communication stalemates. They quickly found out that existing relationship tools weren't up to the task, and that conventional wisdom is sorely lacking for modern relationships. **Many of the primary resources for relationship advice are frustratingly religious, unapproachable and academic, or alienating to anyone who falls outside the mainstream of heterosexual monogamy.**

Over the course of many years and hundreds of episodes, they have spent hours nerding out over research, reading up on evidence-based relationship advice, and listening to the personal struggles of hundreds of couples and individuals. They have re-tooled commonplace communication frameworks to fit modern-day relationships, and when there was no existing tool that fit, they put on their inventor hats and developed their own. This has led to the creation of *Multiamory: Essential Tools for Modern Relationships*, a curated collection of the most popular communication tools, advice, and wisdom from the *Multiamory* podcast that have helped thousands of listeners improve their communication and create healthy relationships. **In this book, you'll learn how to:**

- **Get what you need out of conversations with your partner with the Triforce of Communication**
- **Create Microscripts that will interrupt old patterns, diffuse tension, and form better communication habits**
- **Set up a regular RADAR check-in to support the long-term health of all of your relationships**
- **Determine your unique processing style, and how it may be clashing with your partner's**
- **Process and reconnect after an argument with Repair SHOP**
- **And more!**

The *Multiamory* Podcast

With hundreds of episodes, millions of downloads around the world, and a rapidly growing community, *Multiamory* has been featured in numerous publications, including *NPR*, *Vice*, *Huffington Post*, *Oprah Daily*, *Cosmopolitan*, and *Elle*. In addition to their national tours, they have presented at the Google campus in Seattle, WA and have been keynote speakers and presenters at numerous conferences.





BIOGRAPHY



“Conventional relationship advice is toxic and outdated. We believe in looking to the future of relationships, not maintaining the status quo of the past. We value ethics over tradition, and we believe that a healthy world is one where everybody has agency in their relationships.” - Emily, Dedeker, and Jase



The Multiamory Podcast was formed by Emily Matlack, Dedeker Winston, and Jase Lindgren in 2014 to fill the lack of voices about polyamory who were young and accessible to a modern audience. They were also tired of hearing all the same old, traditional dating advice out there encouraging people to be jealous, snoop on their partners, and to view everyone outside the relationship as a threat. After years of creating episodes, connecting with our listeners, and growing an amazing community, they have broadened their own views on relationships and are now helping people in a wide variety of relationship formats.



Emily, Dedeker, and Jase believe in looking to the future of relationships, not maintaining the status quo of the past. They value ethics over tradition, and believe that a healthy world is one where everybody has agency in their relationships.

Today, with **over seven million podcast downloads** and a rapidly growing community, they are dedicated to providing the best possible transformational information, including new research, practical communication tools, a diverse group of guest experts, and more.



CREDENTIALS



Emily Matlack

Emily is a self described multi-faceted entrepreneur. A longtime vegan, she has a passion for both feminist activism and animal welfare. She has spoken on panels regarding both subjects, and works to spread awareness of animal rights, feminism, and mindful relationships. In addition to co-hosting two successful podcasts, she is a professional vocalist and actor.



Dedeker Winston

Dedeker is a [relationship coach](#), writer, and an advocate for polyamory and non-traditional relationships. She has been consulted as a polyamory expert for Newsweek, Cosmopolitan, Glamour, and many other news and media outlets. She is the author of [*The Smart Girl's Guide to Polyamory: Everything You Need to Know about Open Relationships, Non-Monogamy, and Alternative Love*](#), published by Skyhorse Press.



Jase Lindgren

Jase is a non-monogamous dating coach, healthy masculinity educator, and sex-positivity advocate. He has trained in positive psychology, Emotional Freedom Technique, consent education, and Buddhist mindfulness. He has worked with the government and celebrities on HIV public awareness in Russia, and helps people improve their communication skills and define each relationship on its own terms.

COMMUNITY REVIEWS

"Thank you so much for creating this podcast. I only wish I had found it sooner! I adore all of you, you're just wonderful, and have really helped me work through a lot of my own past trauma. Listening to you talk so openly about poly and share personal stories and journeys is so helpful."

- iTunes Review

"I have never encountered a piece of media that has brought me both so many interesting new ideas that stimulate me, and that has given me so many concrete tools that I actually use to make my life and my relationships better."

- Listener Testimonial

"This podcast has helped me become better at communicating with my partner, my children, even my parents! I would recommend it to absolutely everyone who has an interest in communication and in bettering themselves."

- iTunes Review

NOTABLE EVENTS & GLOBAL IMPACT

Multiamory has given talks, discussions, presentations and workshops for live audiences around the world, including a North American tour of 10 cities across the US and Canada.

Workshop Topics include:

- Non-Monogamy for Non-Majors (a.k.a. Non-Monogamy 101)
- R.A.D.A.R.: Regular Relationship Maintenance
- Deconstructing Jealousy
- Polyamory in Movies & TV
- Consent & Communication
- Relationship Anarchy 101
- Relationship Resolutions
- 5 Ways to Suck Less at Communication



The Multiamory Podcast
has netted over

**7 MILLION
DOWNLOADS**

since it launched in
2014, with listeners in
**129 DIFFERENT
COUNTRIES**

RECENT PRESENTATIONS, LIVE SHOWS & WORKSHOPS

June 2021

- **VanPoly – Vancouver Polyamory**
Workshop: Communication in Polyamorous Relationships

July 2020

- **Widener University** – Guest Speakers: “Non-monogamies” Graduate Course, Center for Human Sexuality Studies

November 2019

- **POPFest Kitchener, Ontario** – Keynote Speakers
- **Naked Heart Literary Festival** – Presentation: “Polyamory in Science Fiction”

July 2019

- **Minnesota Poly Con** – Keynote Speakers

July 2018

- **Multiamory Patron-Only Retreat Live Show and Consent Workshop**
- **Infinite Love Discussion and Presentation: How to Be Unapologetically Polyamorous in a Monogamous World**

April 2018

- **Talks at Google** – “Non-monogamy for Non-majors”
- **Relate Con 2018:**
Keynote Speech: “Community as a Human Right”
Presentation: “Polyamory in Movies and TV”
Presentation: “Relationship Anarchy 101”



NEWS COVERAGE

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MULTIAMORY INTERVIEWS AND FEATURES

- **06.17.2022** - Polyamorists lobby Facebook to change 'exclusionary' relationship status
<https://www.cosmopolitan.com/sex-love/a32631068/best-relationship-podcasts/>
- **02.16.2022** - Cosmopolitan Top Relationship Podcasts
<https://news.yahoo.com/polyamorists-lobby-facebook-change-exclusionary-141704731.html>
- **04.30.2021** - Polyamorous Relationships: A Definition Of Polyamory, How It Works And Why It's Not All About Sex (ELLE)
<https://www.elle.com/uk/life-and-culture/culture/a33010954/polyamorous/>
- **04.29.2021** - Willow Smith Reveals She is Polyamorous - So What Is Polyamory? (Indy100)
<https://www.indy100.com/identities/what-is-polyamory-willow-smith-polyamorous-b1839533>
- **08.02.2020** - What is Relationship Anarchy? Main Principles + How it Works (Mind Body Green)
<https://www.mindbodygreen.com/articles/what-is-relationship-anarchy>
- **02.12.2020** - A Codependent's Guide to Codependency (The Pulse on NPR)
<https://why.org/segments/a-codependents-guide-to-codependency/>
- **02.06.2020** - There's Still No Good Dating App for Non-Monogamous People (Mashable.com)
<https://mashable.com/article/non-monogamous-polyamorous-dating-apps/>
- **09.19.2018** - What To Know About Dating Someone Who's Openly Non-Monogamous (Swipe Life)
<https://swipelife.tinder.com/post/what-to-know-about-dating-someone-whos-openly-non-monogamous/>
- **06.04.2018** - Marriage, Deconstructed: The Next Battle For Marriage Equality Could Mean The End Of Marriage (Mic.com)
<https://mic.com/articles/189531/marriage-deconstructed-the-next-battle-for-marriage-equality-could-mean-the-end-of-marriage#.f9q2AaspQG>
- **06.17.2017** - What It's Like to Be in a Polyamorous Relationship (Self.com)
<https://www.self.com/story/polyamorous-relationship>



FEATURED RESOURCES

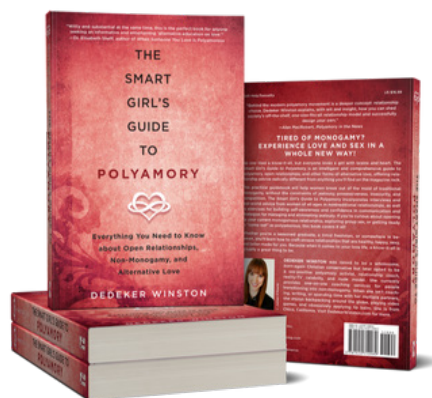


We love having in-depth discussions about love and relationships but if you think you need a more personal and tailored approach, please visit www.DedekerWinston.com/coaching.

FIND SUPPORT IN ONE-ON-ONE SESSIONS, COUPLE SESSIONS, OR 3 PERSON SESSIONS.



“Everyone deserves the freedom to create relationships on their own terms. My mission is to provide a listening ear and one-on-one guidance for people who are polyamorous, non-monogamous, relationship anarchists, non-traditional, or interested in exploring any of the above.” - Dedeker Winston



Dedeker's Book, *The Smart Girls Guide to Polyamory*, continues to provide a comprehensive resource for people diving into polyamory or looking to improve their existing relationships. [Available at Amazon Now!](#)

REVIEWS

“Written with women in mind, Winston’s book is a colorfully written manual for anyone who’s curious about what polyamory does and doesn’t mean, or who’s realizing that traditional relationships may not be for them.” – Inverse Magazine

“Witty and substantial at the same time, this is the perfect book for anyone seeking an informative and entertaining ‘alternative education on love.’” – Elisabeth Sheff, Author, The Polyamorists Next Door

“Smart’ is definitely the right word for this thoughtful, well-researched, and practical guide to the female side of polyamory.” –Janet W. Hardy, Co-Author, The Ethical Slut



PRIVATE PATREON COMMUNITY



Get access to ad-free episodes, monthly video discussion groups, and more by becoming a **Patreon** supporter!

BECOME A PATRON

patreon.com/MULTIAMORY

Multiamory has built an incredible community of open, caring and supportive people who not only work to improve their own lives, but actively help others on their journey.

This community is limited to Patrons who pledge monthly and includes a variety of reward tiers:

- Invite-only Facebook group
- Private Discord chat channels
- Monthly video discussion groups
- Early-access, ad-free episodes
- Weekly bonus episodes
- First dibs on new merchandise, live show tickets, and more!



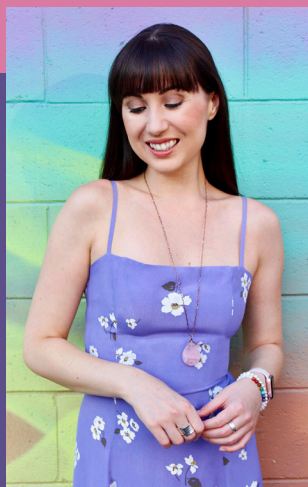
CONTACT US

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