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March 6th 2020: Kathy Labriola on Navigating Polyamory Breakups

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Polyamorous relationships experience heartbreak, changes, and transitions, let's talk about how to ride the waves and warning signs to look out for to prevent unnecessary conflict. This week's guest is author Kathy Labriola who wrote The Polyamory Breakup Book, a practical guide to breakups in polyamorous relationships.

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Featured Guest



Kathy Labriola

Kathy Labriola is a nurse, counselor, and hypnotherapist in private practice in Berkeley, California, providing affordable mental health services to alternative communities including the poly, kink, LGBTQ, and sex worker communities, and political activists. Kathy is author of three books, Love in Abundance, The Jealousy Workbook, and The Polyamory Break-up Book. She has been a card-carrying bisexual and polyamorist for 50 years. She is political activist and community organizer. She is extra crunchy, lives in a housing cooperative, rides a bike, and raises chickens and organic vegetables.

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