

## Married but not feeling right? Looking for love at first swipe? Booktopia reveals the essential reading list for singles and couples looking for answers

- *The online Aussie book store has compiled a list of top books around key topics to help out those with questions and dilemmas*

**10 February:** Australia's biggest book store, Booktopia, is coming to the rescue of Aussies seeking help and advice around a number of traditionally 'sensitive' topics as the annual spotlight on love and relationships approaches with Valentine's Day and Singles Day all set to stir up conversations and self-reflection among singles and couples.

To help Aussies navigate their way through, Booktopia's team of experts has compiled a top list of books to help - and in some cases, inspire - those looking for solutions to their current situations. The lists cover a broad range of relationships and identities which cover topics from dealing with break-ups and setting boundaries, to how to put more pleasure into your everyday life.

### Dating

Dating in the modern day is more of a minefield than it has ever been. The following books delve deeper into that world from the people who truly get it:

- [How To Not Die Alone](#) by **Logan Ury**; this book reveals the hidden forces that fuel faulty decision-making and prevent us from finding love and help you find, build and keep the relationship of your dreams.
- [Single Pringle](#) by **Stacey June**; an empowering guide for millennial singles, sharing practical tools and advice on how to relish and revel in the solo life.
- [Textbook Romance](#) by **Zoe Foster Blake and Hamish Blake**; essential reading for every girl looking for love that lasts; showing how to find a partner, make them fall wildly in love with you and keep it that way.
- [Heartsick](#) by **Jessie Stephens**; a finalist in the *Favourite Australian Book Award*, this book highlights the many lows and occasional surprising highs of heartbreak which can make us as well as break us.
- [The Ex-Girlfriend of My Ex-Girlfriend Is My Girlfriend](#) by **Maddy Court and Kelsey Wroten**; an illustrated relationship handbook of advice on love, dating, and friendship written by and for queer women and people of marginalised genders.

### Relationships

These books are designed to be useful for anyone but are especially useful if you're in a relationship. Titles in here cover communication, connection and being present with a partner:

- [Atlas of the Heart](#) by **Brene Brown**; a long-standing Booktopia best-seller, this book examines the 87 emotions and experiences that define us as a human, highlighting what we need to do to become more emotionally fluent and connected.
- [Love Stories](#) by **Trent Dalton**; voted among the top Australian books of the year in the *Favourite Australian Book* award, much-loved Australian writer, Trent Dalton, shares a range of real, heartfelt human love stories, from people of all walks of life.
- [The 5 Love Languages](#) by **Gary D. Chapman**; number one New York Times-bestselling book highlighting the secret to transforming your relationship and experiencing deeper levels of intimacy with your partner with immediate effect.
- [Eight Dates](#) by **John Gottman and Julie Schwartz Gottman**; leading research facility, The Gottman Institute's 'Love Lab' doctors reveal the golden rules of making love last.
- [Attached](#) by **Dr Amir Levine and Rachel Heller**; a groundbreaking book revealing how a deeper understanding of attachment, can help us find and sustain love.
- [Ladies, We Need To Talk](#) by **Yumi Stynes and Claudine Ryan**; breaking the stigma around everything women are thinking but not saying, covering taboo subjects around bodies, sex and relationships as featured in their hit podcast.
- [Set Boundaries, Find Peace](#) by **Nedra Glover Tawwab**; a New York Times best-seller, authored by one of Instagram's most influential therapists, highlighting how to reclaim yourself and truly experience freedom by setting healthy boundaries.

## Sex

These books take an unfiltered look at sex, exploring the philosophies and practices to enjoy the best sex ever, no matter your age, ableness or the length of your relationship:

- [The Sex Ed You Never Had](#) by **Chantelle Otten**; the award-winning psychosexologist shares an inclusive and meticulous guide to all things sex, bodies and relationships, highlighting the many things about our bodies and fun and pleasurable ways it can be used.
- [Come as You Are](#) by **Emily Nagoski**; this best-seller provides an exploration of women's sexuality that will radically transform your sex life into one filled with confidence and joy, debunking myths and providing a practical suite of tips for women to improve their sex lives.
- [Slow Pleasure](#) by **Euphemia Russell**; the popular pleasure coach provides a practical and philosophical exploration guide to integrating pleasure into your daily life, enabling a greater understanding of how pleasure can work best for you.
- [Mating in Captivity](#) by **Esther Perel**; authored by one of the world's most respected voices on erotic intelligence, this book offers a bold, provocative new take on intimacy and sex, encouraging greater connection and desires, even in long-term relationships.
- [Great Sex Starts at 50](#) by **Tracey Cox**; written by one of the world's leading sex experts, this empowering book celebrates a new era of sexuality for mature women, encouraging them to live their best versions of themselves.

Booktopia book expert, Joel Naoum, said: “We have seen huge demand across a range of books around love, sex and relationships, with readers looking for more self-help options and inspirational stories. These books are refreshingly honest and optimistic about your relationship situation - regardless of whether you’re in a romantic relationship or not.”

For more book inspiration, visit [www.booktopia.com.au](http://www.booktopia.com.au) with more available on [The Booktopian](#).

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### **Notes to Editors**

Booktopia is Australia’s biggest bookstore: listed on the Australian Stock Exchange (ASX:BKG), selling books, ebooks, DVDs, stationery, ereaders and audiobooks, delivering to every corner of Australia and New Zealand. Booktopia has access to over 6 million books in its database, offering Australian readers thousands of titles from a wide variety of international and local publishers. Whether you like to read physical books, or prefer reading via your computer, tablet, iPhone, Android smartphone or electronic reading device, Booktopia has readers covered – both online and offline.

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