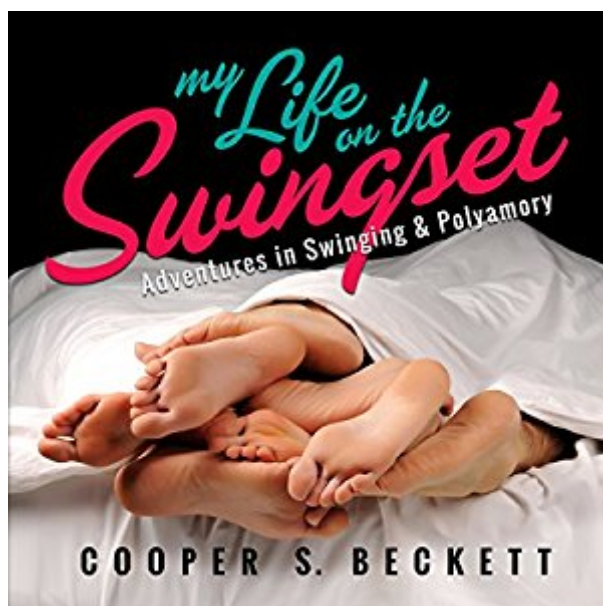


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# My Life On The Swingset: Adventures In Swinging & Polyamory



## Synopsis

Starting with a first date with a couple of swingers; followed by working through social anxiety and shyness; recognizing the importance of touch in life; evolving feelings about love and expectations; having threesomes, orgies, and prostate orgasms; going through a divorce; and leveling up in life and sexuality. For five years, Cooper S. Beckett has written for Life on the Swingset. The website was born out of the feeling that he'd learned enough in his whole year of swinging to tell other people how to live their nonmonogamous lives. His hubris can be seen from space. Here, he has collected personal essays, stories, erotica, and prescriptive how-tos into this memoir of his life, *My Life on the Swingset*. He may be biased when it comes to swinging, polyamory, and other forms of ethical nonmonogamy (in fact, he most certainly is), but he doesn't sugarcoat it. He speaks honestly and earnestly about a unique way to live life, one that allows for sexual and loving growth and experimentation, a strong sense of community, and the ability to do what we all crave, whether we know it or not: to be honest with ourselves and others about what we want sexually. And out of life.

## Book Information

Audible Audio Edition

Listening Length: 7 hours 53 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Hump & Circumstance

Audible.com Release Date: July 27, 2015

Language: English

ASIN: B012R880VI

Best Sellers Rank: #56 in Books > Audible Audiobooks > Health, Mind & Body > Sexuality  
#493 in Books > Health, Fitness & Dieting > Sexual Health > General #1032 in Books > Self-Help > Sex

## Customer Reviews

*My Life on the Swingset* is a fun first person account of non-monogamy & swinging. Cooper S. Beckett is a fun writer who always includes wit and humor while keeping things honest. I enjoyed this series of articles about all things non-monogamy. Cooper has loads of advice for any couple curious about the lifestyle, and even had some new topics for the very experienced, like me, who has done/heard it all. I really could relate to most of the issues Cooper tackled. He offered his experiences in first hand accounts. He talked about the good and the bad. His admittance to feeling

like a rock star, or some sort of genius for figuring out how to make an open relationship work, were very relate-able. Although his view is from the male persuasion, he is a very open minded individual. I am so glad he penned his experiences. It was very refreshing to see such honest sexual exploration being described so openly with loads of tact. The only problems I had with this book, and they are minimal, is that a newbie may not be ready to tackle such subjects in the order they are delivered. Chapter two jumps right into the double standard, and I thought that should have come later. Maybe more gushing over the ups before we get down to it and talk about the problems. Some people will never be ready to hear that, and it may turn off readers. He comes across, at times, as preaching that his lifestyle is the best and that will not be well received. (although, I completely agree with Cooper on this, I know that some people won't. Let's not forget that the recent show Neighbors with Benefits was cancelled because it wasn't selling, even though it was more about voyeurism then actually swinging. Sex always sells, people were scared. That's all.) This is not an erotic novel about Cooper's conquests. It is more an open dialog about what it means for him to be open sexually. He also includes what he and his wife Marilyn get out of it. Even today some of his topics will be seen as taboo, but it is my hope (and indeed his) that more conversation and sharing of information could occur before judgement is passed. One in seventy Americans identify themselves as swingers, on average. That number is small in my experience compared to the reality I know. It has become common to be more sexually open. I loved this book for the open and the curious. When you are ready, it is there for you to find.

I do education and support in the polyamorous community and while this is not strictly a polyamory focused book there is enough in here for it to be one of the books I suggest most often for newcomers. Cooper is honest, blunt, and revealing. It is super entertaining and if you are one that is capable of learning from the mistakes of others, this book is for you. :) Or even if you just want a glimpse into a world that is foreign to you. Cooper makes it super accessible. He also has a novel, A Life Less Monogamous, that's a fun ride.

Honest, informative, inspirational, hilarious. Those are the words that come to mind after reading Cooper S. Beckett's collection of rants and essays, "My Life on the Swingest". I can relate, and picture the fun times. I appreciate the very personal approach. It is very refreshing to read a "how to" on non-monogamy in which the author readily admits to not being perfect. In fact, it is the imperfections that make the account so real and the read so approachable. It's so honest that

Beckett readily admits to being changed by the journey. The experiences aren't there to prove a point or test a theory. He is living the life he writes about, and sharing the account. It's hard to put down. Reads very smoothly and is brutally honest. It's a fun ride that is hilarious at times, sexy at times, and very personal all the time. You get an account of real- world swinging (and a little polyamory) from a guy who has been there, is still there, has done (almost) it all, made mistakes and still enjoys it. Not only do you read the account of adventures into S.O.P., but you'll also see the story of a typical "shy midwest guy" who becomes a powerful voice and a force in the sex-positive, Swinger, Open relationship and Poly communities, almost overnight. It's no wonder the acknowledgments and the positive comments read like a who's who of the Sex Educator/Sex Positive universe. I firmly believe that this work deserves a place in the library of any sex geek, sex educator, sex nerd, swinger, open, polyamorous, kink positive person and/or ally. It is a fun read and will be read more than once. Very much worth the effort. Also, worth the effort of sharing.

I've read several books on relationship styles, swing, and poly, but none of them were quite like Cooper Beckett's. Cooper's book is like notes from the trenches. He's been there, done that, made the mistakes so you don't have to. His work is hilarious, insightful, sometimes poignant, but always entertaining. He doesn't set himself up to be some kind of swing god, but as an experienced human. He doesn't say, "Don't do XYZ. It's a bad idea," but more like, "Don't do XYZ, because I did it once, and here's what happened..." He's spent years in the world of non-monogamy, learning from mistakes, gaining knowledge in success, and writing a whole lot of hilarious, true stories and serious essays on important matters. He talks about how to find people, body image, orgasms, jealousy, orgies, private dates, parties, STIs, sex toys, and safer sex practices, just to name a few of the many subjects he discusses. He goes over a lot of practical information, but does it with humor and charm. The book is never boring. I had never been partway through a chapter and wonder how much more I had left. I always wanted more. Further, it's not just entertaining for people interested in ethical non-monogamy, but would be entertaining for everyone, regardless of relationship orientation. Even monogamous people can learn from his thoughts on body image, jealousy, and self confidence. And that's part of what makes this book so awesome: priceless for non-mon people, but great for \*everyone.\*

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