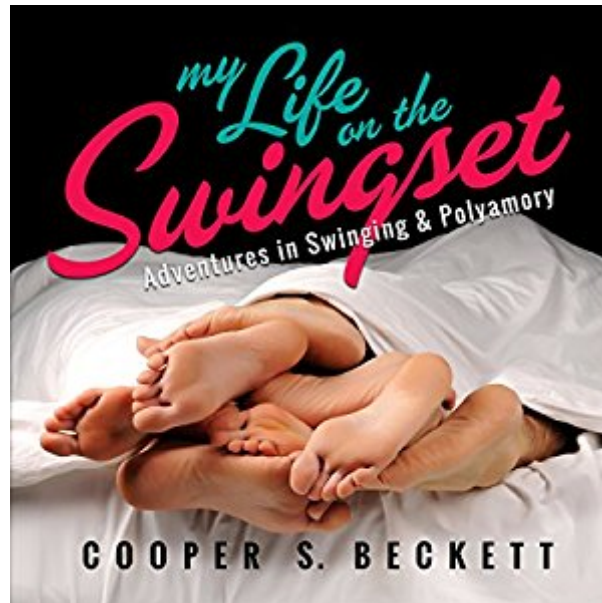


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# My Life On The Swingset: Adventures In Swinging & Polyamory



## 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

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## 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 than actually swinging. Sex always sells, people were scared. That's all.

As a marriage and family therapist who works extensively with non-monogamous clients, and as someone who has explored non-monogamous relationships in the past, I had no idea what to expect from *My Life on the Swingset: Adventures in Swinging and Polyamory*, by Cooper S. Beckett, (also in audiobook) except that it is a memoir of swinging and polyamory, written by a man. I was bracing to cringe at this book, lest it be some alpha douche bragging about his sexual prowess in a way that makes average people feel bad. This was opposite, thankfully. Beckett is non-monogamy's everyman: the voice is neither the twinkle-eyed auntie like Ethical Slut, the scholarly one of *Opening Up*, the visionary nerd-brilliance of *Sex at Dawn* or the sexy confidence of *Open*. Beckett's voice is geekier, ramblier, bloggier, He is neurotic and overthinks. He has anxiety spirals. He battles with depression. And he totally won me over. What I love about this book is the honesty. A collection of blog posts spanning from the beginning of his journey in 2008 to 2014, *My Life On the Swingset* chronicles the excitement and the anxieties he felt as a swinger. He writes candidly about the adventures he and his wife had as young, married swingers and again about the end of the same marriage. As a marriage therapist that has worked with many non-monogamous people, I appreciate this. Swinger and poly marriages do end (just like monogamous ones.) In fact, he and his ex got into swinging at a crisis point in their marriage when they both realized they wanted more from life, sex, and marriage. Rather than see non-monogamy as a desperate attempt to save a relationship that ended up doomed anyway, Beckett sees their swinging as giving it another four years of life.

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