



TheSwingNation
Podcast

Swingers Lifestyle GUIDEBOOK



Introduction



Welcome to the Swing Nation Lifestyle Guidebook! We're Dan and Lacy, your friendly hosts from The Swing Nation Podcast, and we're thrilled to take you on this exciting journey into the world of swinging and non-monogamy. Whether you're just curious or ready to dive in, this guide is designed to be your go-to resource for exploring this vibrant lifestyle.

Welcome...

TO THE WORLD OF NON-MONOGRAMY AND SWINGING



So, you're thinking about swinging? First off, welcome! Whether you're single or in a relationship, stepping into the world of non-monogamy can feel a little like being a kid at a theme park for the first time—exciting, but with so much to see and do that it can be overwhelming. Let's break it down together.

Non-monogamy is a broad umbrella that includes various ways of connecting with others beyond traditional monogamous relationships. Swinging is one vibrant part of this spectrum, often characterized by couples sharing intimate experiences with others. But don't worry; it's not all about jumping right into the deep end. This guide is a judgment-free space for you to explore your curiosity at your own pace.



Communication is Your Superpower

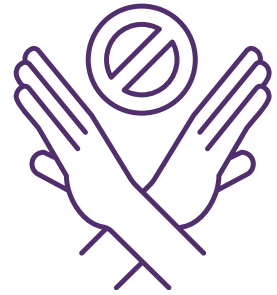
Talking about sex can be awkward—let's face it, even before swinging enters the chat. But communication is your superpower in this world. You've got to be willing to have those honest talks with your partner (or yourself!) to know what's cool, what's not, and where the fun really begins. It's okay if you're nervous; we've all been there.

Start by asking open-ended questions. What are your desires? What fears do you have? Don't shy away from these conversations; they're the building blocks of a healthy non-monogamous relationship



Setting Boundaries

(AND LOVING THEM)



Boundaries aren't there to kill the vibe—they're there to make the vibe. Think of them as the rules of your favorite board game. When everyone knows what's fair game, it's so much easier to relax and enjoy.

Whether you're a couple or navigating solo, take the time to discuss and establish your boundaries.

What's a hard limit for you? What's negotiable?

Remember, these can evolve as comfort grows, and that's perfectly okay!



Finding Your Tribe —

BUILDING A SUPPORTIVE COMMUNITY



You don't have to go this alone. There's an entire community out there just waiting to welcome you with open arms (and, okay, maybe a few winks). From online forums to in-person events, there's a place for everyone!

Connecting with the lifestyle community is an essential part of your swinging journey, and we're here to help! We recommend joining reputable lifestyle websites, exploring groups on social media, and hopping into our Swinger Society Discord server, where you can chat with like-minded individuals and share experiences in a welcoming environment. Plus, to make it easier for you, we've compiled free trial links to many of these sites and links to our groups at www.theswingnation.info. Dive in, make new friends, and embrace the vibrant community waiting for you!



Managing Your Lifestyle Expectations



Managing expectations in the lifestyle is crucial, especially as you transition from monogamy to non-monogamy—it's a journey filled with both excitement and challenges. While you might envision a world of endless rainbows and orgies, the reality often comes with its own set of speed bumps. Embrace the fact that this path requires patience and understanding. With a solid foundation in your relationship, open lines of communication, and a little forgiveness, you can navigate these ups and downs together, emerging stronger and more connected. Remember, it's all part of the adventure!

Dealing with Jealousy

SPOILER: IT'S TOTALLY NORMAL

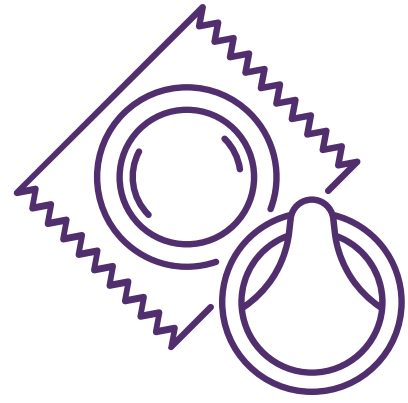


Here's the thing: jealousy happens. Even the most experienced swingers feel it sometimes, and that's completely okay. The goal isn't to eliminate jealousy but to learn how to manage it effectively. Recognizing that jealousy is a natural emotion can help you navigate through it without shame.

Start by owning your feelings instead of pretending they don't exist. Have an open conversation with your partner about what you're experiencing; sharing your thoughts can often bring relief and understanding.

As you work through these feelings, aim for a state known as compersion—the joy you feel when you see your partner happy. It's a beautiful transformation from jealousy to celebration, and it takes time and practice. Remember, you're both in this together, and with honest communication, patience, and a willingness to grow, you can build a deeper connection that thrives on trust and mutual happiness.

Safety First



FUN ALWAYS



Safety isn't always seen as sexy, but it absolutely can be! Knowing that you're taking care of yourself and your partners is one of the most attractive things you can do. Practicing safe sex, including the use of condoms, is highly encouraged to ensure everyone's well-being. Regular STI testing and open discussions about health histories create a foundation of trust that enhances the fun.

When everyone feels secure and informed, the fun flows naturally, allowing you to focus on enjoying the experience. Prioritizing safety is a way of showing respect for yourself and your partners, making for a more pleasurable and fulfilling journey together.



Your Go-To Resources

– TOOLS FOR THE JOURNEY



When it comes to navigating the swinger lifestyle, The Swing Nation Podcast is your ultimate resource. Join us as we dive deeper into all the topics covered in this guide and explore even more insights and tips for your journey.

We also invite you to become part of our vibrant community, Swinger Society—one of the fastest-growing online lifestyle communities. We're hosting some of the hottest events and takeovers across the country, creating opportunities for connection and fun.

For all the links to our podcast, community, and more, visit www.theswingnation.info. Embrace the resources available to you, and let's make this journey together!

FAQ & Podcast Episode Directory

BELOW IS A PODCAST EPISODE GUIDE WITH EPISODES ORGANIZED BY CATEGORY TO BETTER HELP YOU FIND THE ANSWERS TO THE QUESTIONS YOU MAY HAVE ABOUT THE SWINGING LIFESTYLE. CLICK ON THE EPISODE TITLE TO BE TAKEN TO THE EPISODE IN APPLE PODCASTS.

ABOUT DAN AND LACY

[EP. 1 - REAL LIFE SWINGER STORIES: INTRODUCTIONS](#)

[EP. 71 - REAL LIFE SWINGER STORIES: THE SWING NATION STORY](#)

TRAVEL

[EP. 3 - SWINGERS RESORT REVIEW: SECRETS HIDEAWAY RESORT 2021](#)

[EP. 11 - SWINGERS RESORT REVIEW: HEDONISM II, NEGRIL JAMAICA](#)

[EP. 79 - LIFESTYLE EDUCATION: TIPS AND TRICKS FOR VISITING SECRETS HIDEAWAY RESORT](#)

[EP. 92 - LIFESTYLE INTERVIEW: HEDONISM II RESORT WITH TATIANA](#)

[EP. 93- LIFESTYLE INTERVIEW: BLISS CRUISE WITH DR. STOEHR](#)

INFO FOR NEWBIES

[EP. 4 - LIFESTYLE EDUCATION: TIPS FOR BEGINNERS](#)

[EP. 5 - LIFESTYLE EDUCATION: TOP 5 SWINGER QUESTIONS ANSWERED](#)

[EP. 8 - LIFESTYLE EDUCATION: TIPS FOR FINDING SWINGER EVENTS AND CLUBS](#)

[EP. 20 - LIFESTYLE EDUCATION: TIPS FOR BEGINNERS 2.0](#)

[EP. 21 - LIFESTYLE EDUCATION: SWINGER RED FLAGS](#)

[EP. 33 - LIFESTYLE EDUCATION: DEALING WITH JEALOUSY IN THE LIFESTYLE](#)

[EP. 49 - LIFESTYLE EDUCATION: DRESSING AND PREPARING FOR THE SWINGERS CLUB](#)

[EP. 82 - LIFESTYLE EDUCATION: HOW TO TALK TO YOUR PARTNER ABOUT SWINGING](#)

[EP. 88 - LIFESTYLE EDUCATION: SWINGERS LIFESTYLE ETIQUETTE](#)

[TUESDAY TALKS EP. 9 - DO YOU HAVE TO LOOK LIKE BARBIE?](#)

[TUESDAY TALKS EP. 10 - HOW TO JOIN THE LIFESTYLE](#)

CLUBS & EVENTS

[EP. 7 - SWINGERS CLUB REVIEW: NAUGHTY NASHVILLE AND CLUB CHEMISTRY](#)

[EP. 8 - LIFESTYLE EDUCATION: TIPS FOR FINDING SWINGER EVENTS AND CLUBS](#)

[EP. 15 - SWINGERS CLUB REVIEW: THE THEATER GROUP LIFESTYLE CLUB](#)

[EP.18 - SWINGERS CLUB REVIEW: CLUB TRAPEZE IN ATLANTA](#)

[EP. 28 - REAL LIFE SWINGER STORIES: SPILLING THE TEA ON VIBE IN NASHVILLE](#)

[EP. 32 - SWINGERS EVENT REVIEW: FRICTION HOTEL TAKEOVER](#)

[EP. 43 - LIFESTYLE EVENT REVIEW: GETTING WET AT THE SPLASH TAKEOVER](#)

[EP. 47 - SWINGERS EVENT REVIEW: NAUGHTY TALK \(NAUGHTY IN N'AWLINS OVERVIEW\)](#)

[EP. 59 - SWINGERS CLUB REVIEW: CLUB COLETTE IN DALLAS](#)

[EP. 96 - LIFESTYLE EDUCATION: YOUR NAUGHTY TOUR GUIDES](#)

FAQ & Podcast Episode Directory Continued...

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SWINGER TERMINOLOGY & EDUCATION

[EP. 9 - LIFESTYLE EDUCATION: UNICORNS AND BULLS](#)

[EP. 33 - LIFESTYLE EDUCATION: DEALING WITH JEALOUSY IN THE LIFESTYLE](#)

[EP. 34 - LIFESTYLE EDUCATION: LIFESTYLE TERMS](#)

[EP. 66 - LIFESTYLE EDUCATION: THE PINEAPPLE AS A SWINGER SYMBOL](#)

[EP. 68 - LIFESTYLE EDUCATION: ADVICE FOR THE SINGLE MALE](#)

[EP. 91 - LIFESTYLE EDUCATION: SEX TIPS WHEN HAVING AN ORGY](#)

[EP. 109 - LIFESTYLE EDUCATION: A DEEP DIVE INTO DEAL BREAKERS IN THE SWINGERS LIFESTYLE](#)

SEXUAL HEALTH

[EP. 26 - LIFESTYLE EDUCATION: WE TALK SEX WITH SUE](#)

[EP. 37 - LIFESTYLE INTERVIEW: PREMATURE EJACULATION, MURDER AND GREED WITH JEFF ABRAHAM](#)

[EP. 44 - LIFESTYLE INTERVIEW: LIFESTYLE HEALTHCARE WITH SHAMELESS CARE](#)

[EP. 58 - LIFESTYLE EDUCATION: CONSENT BEST PRACTICES WITH NCSF](#)

[EP. 63- LIFESTYLE INTERVIEW: STIS AND SEXUAL HEALTH WITH GUEST DR. ANGELA STOEHR](#)

[EP. 69 - LIFESTYLE EDUCATION: EVERYTHING YOU WANT TO KNOW ABOUT SQUIRTING](#)

[EP. 74 - LIFESTYLE EDUCATION: PREGNANCY PREVENTION AND DELAYING YOUR PERIOD](#)

[EP. 77 - LIFESTYLE INTERVIEWS: SEXUAL WELLNESS WITH DR. SEX FAIRY](#)

[EP. 84 - LIFESTYLE INTERVIEW: OVERCOMING LOW LIBIDO WITH DR. ANGELA STOEHR](#)

[EP. 91 - LIFESTYLE EDUCATION: SEX TIPS WHEN HAVING AN ORGY](#)

[EP. 106 - LIFESTYLE EDUCATION: THE PATHWAY TO ORGASM IF YOU HAVE A VAGINA WITH DR. STOEHR](#)

[EP. 149 - STI SCARE: UNDERSTANDING ORAL GONORRHEA AND HERPES WITH DR. STOEHR](#)