



The Happy Hypersexual by Jason Armstrong, 2020

Reviewed by <https://www.theintimatebodyworker.com/>

This book is about a man's story of manoeuvring his sexuality around life as it happens, how he interprets his sexuality on his terms and celebrates it. It is an unapologetic view of compulsive sexual behaviour enjoyed to fullest and the book focuses in on masturbation, uncovering the spectrum of sexual preferences beneath and accepting them without judgement.

When it comes to literature on masturbation, I tend to find two types of books. Firstly, those on how to do it with beautiful illustrations and anatomical drawings of genitals, with techniques you may not have thought of and secondly porn literature. (Saying that I can't remember the last time I read a graphic fantasy in the back of a porno mag). It struck me when reading the book that, I've never read an account of a modern man who describes his relationship to masturbating in the context of both online porn and an online community.

We are often warned to stay away from social media because of the damage it can do to our mental health, and anything online is seen as of less value or merely superficial at best. Yet during the pandemic, social media has become a lifeline for many. For me, the time spent online connecting with loved ones has become something that I rely on. One of the things about *The Happy Hypersexual* that resonated with me was the true fellowship of his online community. It was a valuable resource in helping him feel a part of humanity.

I enjoyed the way the author describes his masturbation in the context of seeing obstacles to his 'bating sessions and it did have me wondering how far this person was prepared to go before his life becomes unmanageable. He also writes about some of his sexual experiences and the way his discoveries cemented who he is and what works for him. The book isn't about sex addiction, but a lifestyle that is more like riding your favourite roller coaster which may need some maintenance every now and again.

I would recommend this book for anyone who wants a great read into someone else's masturbation rituals. It emphasises that masturbation can be amazing and we should all enjoy doing it.