

FOREWORD TO *HOT & SWEATY*

Each week my mail-box is like a confessional booth, full of words from hot & sweaty people who want to express themselves. Reading the first lines of some of the letters, which I have received over the years and which are peppered through-out this book, gives some idea of what I lay witness to.

“Dear Ruth, I would like to know why is pornography such a bad thing when it helps me learn about sex and how to enjoy it to the fullest? I am 29-years-old mother of three”; “Dear Ruth, I am 28-years-old woman and partake in self-pleasure quite regularly and absolutely love it”; “Dear Ruth, I use prostitutes on a regular basis.”

“Dear Ruth, I am a so-called ‘screamer’ whilst making love”; “Dear Ruth, I am a man in my late 20s with strong desires to indulge in anal penetration”; “Dear Ruth, I am a man with a very small penis and I feel embarrassed”; “Dear Ruth, I am a single male, average height, build, and aged in my 40s. I am also bisexual”; “Dear Ruth, what a relief to actually read in a mainstream newspaper that I am not so strange after all. I have enjoyed rubber clothing for as long as I can remember.”

A whispered admission from a lone soul in some anonymous street rising up to join the other whispered admissions from other lone souls, until there is a murmur and then a loud hum and then suddenly there are hundreds and hundreds of brave voices screaming out of my mail-box each week creating a dynamic and invigorating cacophony of sound. The sound of the truth.

These brilliant, funny, poignant and challenging letters tell it like it is, and they have always given me courage and insight, moved me to tears of laughter and sadness, but mainly they have inspired me to write this book.

For my book *Hot & Sweaty* is essentially my giant letter back to the world. A letter about liberation and celebration of our sexual, emotional, and spiritual selves - which are all one and the same. It is a letter which answers my readers’ need for acceptance, tolerance and love. Because if there is one message at the heart of my writing it is this: Come out!

Come out of the closet of your mind, and be free. Come out of the closet of other people’s expectations, limitations, judgements, and dare to be happy. Come out and celebrate yourself for what you are: kinky, straight, bent, happily-married, male, female, masochistic, monogamous, homosexual, bisexual or just sexual.

We are, none of us, long for this world.

Come out and play.