

Cécile Hébel

**Erotism,
Love
Swinging
1**

Excerpt

© 2025 Cécile Hébel - All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the author or publisher, except for brief quotations in a review or article.

1- The Reunion

Fifteen years had passed since the explosion of the family unit, leaving nineteen-year-old Séverine to her own devices. Separated from her dear mother, whose boundless hypersexuality led her to chase after new thrills, Séverine was left to fend for herself. Mike had left France for good, yet he often thought of the moments he had secretly shared with the woman who had been his partner for several years, memories filled with the uninhibited and intense images of the swinging lifestyle they had maintained in total complicity. Most often, his thoughts returned to that wonderful young girl who, at eighteen, wanted to defy her mother by being even more hypersexual than she was.

Thus, she had secretly taken Mike as her lover, making him the master and director of her own fantasies, unknowingly using her mother's acting talents through various scenarios.

The couple's breakup had been marked by the mother's parental alienation, as she sought at all costs to destroy the relationship her daughter wished to maintain with Mike, likely to prevent her own libertine lifestyle from reaching her daughter's ears.

However, the poor woman could not have suspected that her daughter was already aware of every sexual facet of her life, having orchestrated it through several steamy, naughty scenarios. Left to herself, Séverine fell into the arms of the first man who came along in an unbalanced and unhealthy union where

her sensual and exceptional physique was the only reason for their bond.

Excerpt 2

—I really feel like I'm dreaming!

—You mustn't stay there, you'll end up throwing yourself out the window.

—If I hadn't had the kids, that's probably what I would have done, she said, a tear pearling on her cheek.

—Come on! Stop! That's enough, we're going to change everything! We'll stop by your place, you'll grab some clothes, and I'm taking you away for the weekend.

They went back to the apartment, Séverine holding him by the arm, and she slumped onto the sofa and resumed:

—It's been a long time since I've had a drink, I feel so good!!!

—And what if you made us some coffee?

Excerpt 3

Séverine was not in the water; it took him only a few moments to find her in the Fitness center, on a treadmill chatting with the sports instructor. He didn't seem very busy with clients since she was alone in the room, but he was preoccupied with this lovely creature.

Mike showed himself discreetly, then went back toward the pool and dove in headfirst. The water was at a good temperature, and he swam a few strokes before Séverine joined him.

— Here I am! she said, laughing.

— So I see! I saw you hooked on the treadmill; I didn't want to disturb you!

— It's the instructor! He saw me alone and came to introduce himself; I even know that he lives at the hotel.

— Well, well, you don't waste any time! he said with a wry smile.

— He's super cute, don't you think?

— I didn't see much, but he looks it.

— Interested in me, in any case!

It only took a few hours for Séverine to erase her sad past and become as she was before; the contrast was blatant.

— I feel like doing a bit of sport; it's the perfect opportunity, right? she asked with her naughty, suggestive look.

— It's a good idea! Besides, you can do plenty of exercises, Mike replied ironically.

Mike had positioned himself on a lounge that allowed him to see the reflection of the mirrors lining the gym and observe his protégée's antics. After a few tries on different machines, the instructor came to suggest she do some movements on the weight bench.

He was a handsome, muscular young man, appearing very friendly and attentive. Lying on the bench, he came over her face to place a barbell in her hands, which she handled without difficulty. After a few movements, he had her lie down on a floor mat to practice some muscular exercises, a way for him to approach her physically within the context of his activities.

Séverine seemed to enjoy his presence, doing everything possible to keep him as close as possible to her. He took her foot, folded one leg over her thigh, then the other. She slowly began to do some push-ups, the instructor urging her to lower the pull much further and push back up.

To help her, he positioned himself above her, placed both hands on either side of her hips to facilitate the muscular pull. He sat on the mat, asking her to lean her back against him, allowing her to lift her legs while he immobilized her torso, an exercise that seemed to delight Séverine. Mike noticed their friendly exchange and noted that with every movement, the instructor's hands drew closer to her chest.

Noticing no negative reaction from the client, his hands found themselves at the base of her breasts. Séverine's excitement allowed her to lift her legs almost vertically. During the next movement, the more his hands supported her impressive chest, the more Séverine excelled in her performance. She relaxed, leaving her legs limp on the mat, while her instructor delicately massaged her two breasts, exchanging a few words and smiles.

It was no longer really a matter of gymnastics... They both headed toward the sauna door, and Mike followed suit a few seconds later. Mike peeked discreetly through the glass of the door without being noticed; they were both standing, Séverine caressing his chest while he caressed her breasts, kissing her.

[https://buy.stripe.com/
7sYeV6aa93t5gNU3RPbbG0l](https://buy.stripe.com/7sYeV6aa93t5gNU3RPbbG0l)