



The Happy Hook-Up: A Single Girl's Guide to Casual Sex

By Joy Alexa Sherman, Nicole Tocantins

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Mindless fling, harmless hook-up, booty call, friends with benefits. Call it what you want, but let's be honest: more females than ever are choosing to stay single-and sleeping around has become an accepted, if not expected, part of the singles scene. But while casual sex is no longer a girl's dirty little secret, it's not always as easy as it's often made out to be. In THE HAPPY HOOK-UP, two 30-something women who have done hard time in the casual sex trenches address the various issues that single women face before, during, and after hooking up. Using extensive interviews with a variety of experts, THE HAPPY HOOK-UP explores the physical, behavioral, and emotional issues that go along with doing the casual deed. Accompanying the authors' sardonic and sage advice is an array of entertaining and educational anecdotes from women who've hooked up and survived to share their enlightening tales. They shed light on such important issues as planning ahead (go easy on the alcohol-and the fiber), special engagements (celebrity screws; workplace whoopie), and the awkward moments after (the phone number exchange; breakfast in public). Featuring quizzes and checklists to gauge the reader's casual sex readiness as well as glimpses into getting lucky from the male perspective, THE HAPPY HOOK-UP looks at commitment-free fun from a smart and empowering perspective. A woman's guide to casual sex, featuring advice from relevant experts, vixens in the know, and a few well-chosen guys. Appeals to the same sassy gals who watch Sex and the City, read Cosmo, and use Blue Q's "Dirty Girl" and "Virgin/Slut" beauty products. A recent U.S. study showed that almost 50 percent of adults have had a one-night stand.

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Bibliography

- Sales Rank: #1672402 in Books
- Brand: Brand: Ten Speed Press
- Published on: 2004-10-01
- Released on: 2004-10-01
- Original language: English
- Number of items: 1
- Dimensions: 7.15" h x .90" w x 5.15" l, .71 pounds
- Binding: Paperback
- 312 pages



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Editorial Review

About the Author

NICOLE TOCANTINS works as a production coordinator and reviewer at *HITS* (where she and Sherman met) and runs her own music supervision company. She is also a stellar comedic actress; her feature film work includes roles in *The Opposite of Sex* and *Bounce*, and her television credits include *Seinfeld* and *Dharma and Greg*. She lives in Los Angeles, California.

Before ALEXA JOY SHERMAN became senior editor at *Shape* magazine, she worked at the popular teen magazine *Jump*. She spent six years in the music industry doing publicity and marketing for Capitol Records and working as senior editor at the trade magazine *HITS*. She lives in Los Angeles, California.

Users Review

From reader reviews:

Heather Snyder:

Have you spare time for a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity for spend your time. Any person spent their spare time to take a move, shopping, or went to the particular Mall. How about open or even read a book titled The Happy Hook-Up: A Single Girl's Guide to Casual Sex? Maybe it is for being best activity for you. You already know beside you can spend your time with your favorite's book, you can better than before. Do you agree with it has the opinion or you have additional opinion?

Ena Clark:

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Theresa Walker:

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