



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

By Joy Alexa Sherman, Nicole Tocantins

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**The Happy Hook-Up: A Single Girl's Guide to Casual Sex** By Joy Alexa Sherman, Nicole Tocantins

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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### **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.

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##### **Mathew Jones:**

The particular book *The Happy Hook-Up: A Single Girl's Guide to Casual Sex* will bring one to the new experience of reading the book. The author style to elucidate the idea is very unique. Should you try to find new book to read, this book very ideal to you. The book *The Happy Hook-Up: A Single Girl's Guide to Casual Sex* is much recommended to you to read. You can also get the e-book from official web site, so you can more easily to read the book.

##### **Mary Stone:**

Playing with family in the park, coming to see the ocean world or hanging out with friends is thing that usually you might have done when you have spare time, subsequently why you don't try matter that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love *The Happy Hook-Up: A Single Girl's Guide to Casual Sex*, you could enjoy both. It is excellent combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout fellas. What? Still don't understand it, oh come on its known as reading friends.

##### **Robert Poulin:**

*The Happy Hook-Up: A Single Girl's Guide to Casual Sex* can be one of your starter books that are good idea. Many of us recommend that straight away because this e-book has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to place every word into joy arrangement in writing *The Happy Hook-Up: A Single Girl's Guide to Casual Sex* however doesn't forget the main place, giving the reader the hottest as well as based confirm resource info that maybe you can be considered one of it. This great information can certainly drawn you into completely new stage of crucial considering.

**Merle Poteet:**

Are you kind of occupied person, only have 10 or maybe 15 minute in your day to upgrading your mind skill or thinking skill actually analytical thinking? Then you are having problem with the book in comparison with can satisfy your limited time to read it because this all time you only find reserve that need more time to be study. The Happy Hook-Up: A Single Girl's Guide to Casual Sex can be your answer because it can be read by a person who have those short extra time problems.

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