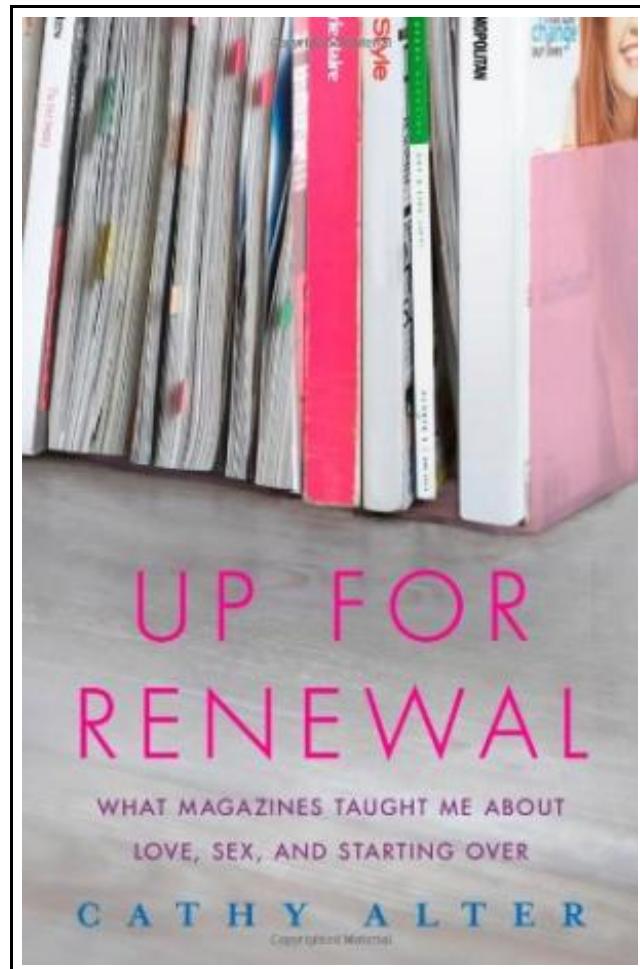


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UP FOR RENEWAL: WHAT MAGAZINES TAUGHT ME ABOUT LOVE, SEX, AND STARTING OVER

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Atria, 2008. Hardcover. Book Condition: New. Dust Jacket Condition: New DJ. First Edition NL with 1. Atria 2008 First Edition NL with 1 New/New DJ From Realizing she needed to do serious work on her junk food/junk sex? littered lifestyle, Alter, a recently divorced thirty-seven-year old freelance writer, decided to spend each month of the coming year following the advice of a major women's magazine without question. She picked nine titles focusing on a how-to ethos more or less aligned with her own demographic: Elle, Marie Claire, O, Allure, Self, Cosmopolitan, Glamour, InStyle and Real Simple. Each month she'd work on a particular damage zone--diet, social fears, clothes, relation snafus, cooking, sex, etc.--and follow the advice of her chosen magazine as earnestly as possible. Meanwhile, she'd also begun dating a new guy, which brought up relation challenges her magazine mentors loved to address--spicing up the sex, learning to cook instead of eating out and deciding if his birthday present meant a marriage proposal was imminent. While she ends up feeling positive about the self-improvement her magazine experiment has brought, she knows if she hadn't been ready and willing to change, all the advice in the world wouldn't have helped. In the end, fans of Bridget Jones will also enjoy Alter--she's funny and endearing. (July) Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Review "A funny, wise-crackey, addictively readable coming-of-maturity."-- Cathi Hanauer, author of Sweet Ruin and editor of The Bitch in the House "Cathy Alter's Up for Renewal is witty and whimsical. You'll want to stay with her well-developed voice all the way to the end."-- Rachel Sontag, Author of House Rules "You know that warm, relaxed, pleasurable feeling you get when cracking open the latest issue of your favorite magazine That's what reading Cathy Alter's Up for..."



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