

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.

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