



## Up For Renewal: What Magazines Taught Me About Love, Sex, and Starting Over

By Alter, Cathy

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...



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