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The Art of Sleeping Alone: Why One French Woman Suddenly Gave Up Sex

By Sophie Fontanel

SIMON SCHUSTER, United States, 2014. Paperback. Book Condition: New. Translation. 196 x 124 mm. Language: English . Brand New Book. In a provocative memoir, the bestselling French novelist and iconic editor of French Elle describes her years of self-imposed celibacy--why she did it and how it changed her perspective: A searching investigation into the power of no.a sophisticated bagatelle of a volume (Dwight Garner, The New York Times). After many years of having (and mostly enjoying) an active sex-life, Sophie Fontanel--beloved French author, journalist, editor, and fashion blogger--decided she wanted to take a break. Despite having a glamorous job, plenty of dates and boyfriends, stylish clothes, parties to attend, she wasn t happy and wanted more. Sophie chose to give up her sex life, shocking her friends and colleagues. But what she discovers about herself is truly liberating and raises a number of questions about the expectations of our society. Going beyond the body, her thoughts on what it means to find happiness and fulfillment are inspiring. As Sophie experiences being the only single person at dinner parties, weekend getaways, and summer vacations, she muses on what it means to find happiness and fulfillment alone, stringing together her narrative...


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