



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

Cathy Alter

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By age thirty-seven, Cathy Alter had made a mess of her life. With a failed marriage already under her belt, she was continuing down the path of poor decisions, one paved with a steady stream of junk food, unpaid bills, questionable friends, and highly inappropriate men. So she sat down and asked herself what she truly wanted. *A decent guy. A nicer home. More protein.* When she took a closer look at her wants, she noticed something that seemed very familiar -- with the addition of exclamation points, her list could easily be transformed into the cover lines on every women's magazine: Find the love you deserve! Paint to the rescue! Eggs-actly perfect meals!

So Cathy gave over her life to the glossies for the next twelve months, resolving to follow their advice without question. By the end of her subscriptions, she would get rid of upper-arm jiggle, crawl out of debt, host the perfect dinner party, run a mile without puking, engage in better bathtub booty, ask for a raise, and rehaul her apartment.

Well, at least that was the premise of her social experiment. What actually happened was much less about cosmetic change and much more about internal transformation. Singular in its voice and yet completely universal, *Up for Renewal* will appeal to all who have ever wondered if they could actually make their life over.

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Precisely why? Because this Up For Renewal: What Magazines Taught Me About Love, Sex, and Starting Over is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will surprise you with the secret that inside. Reading this book adjacent to it was fantastic author who also write the book in such remarkable way makes the content interior easier to understand, entertaining way but still convey the meaning entirely. So, it is good for you because of not hesitating having this nowadays or you going to regret it. This book will give you a lot of positive aspects than the other book have got such as help improving your expertise and your critical thinking way. So, still want to hesitate having that book? If I were being you I will go to the publication store hurriedly.

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