



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

Sophie Fontanel

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Sophie Fontanel, bestselling novelist and iconic editor of French *Elle*, tells the provocative story of her decision to stop having sex—a choice that profoundly changed her view of herself and her place in the world.

At the age of twenty-seven, after many years of having (and, for the most part, enjoying) an active sex life, beloved French author, journalist, editor, and fashion blogger Sophie Fontanel decided she wanted to take a break. Despite having it all—a glamorous job, plenty of dates and boyfriends, stylish clothes, and endless parties to attend—she still wasn't happy, and found herself wanting more. She chose to give up her sex life, and in so doing shocked all of her friends and colleagues. What she discovers about herself is truly liberating and raises a number of questions about the expectations of the society in which we live. As she experiences being the only non-coupled one at dinner parties, weekend getaways, and summer vacations, she muses inspiringly on what it means to find happiness and fulfillment alone.

Provocative and illuminating, *The Art of Sleeping Alone*, which spent eight weeks on the bestseller list in France, offers advice on love and sex while challenging modern-day conventions of marriage and motherhood, making this an ideal read for anyone who has chosen to do things a little differently.

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