



The 30-Day Love Detox: Cleanse Yourself of Bad Boys, Cheaters, and Men Who Won't Commit -- And Find A Real Relationship

By Wendy Walsh

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There is no question the terrain has changed. We can do what we want and date who we want, but do we have the tools to navigate our hard-won sexual freedom? Now, from the dating doyenne of the *Sex and the City* generation comes a groundbreaking prescription for smart, savvy, slow-love. Dr. Wendy Walsh's outside-the-box approach to relationships turns traditional thinking on its head by using evolutionary psychology to offer advice that is both empowering and practical.

In *The 30-Day Love Detox*, Walsh offers a step-by-step, five-part attachment strategy with a 30-day "detox" that helps weed out the bad boys and sets you up to meet the right guy, including:

- The five sexual myths that keep women single
- When to say yes to sex in a new relationship
- How to use technology to bring your crush closer
- How to spot a commitment-oriented man at his peak readiness

Melding scientific research, anthropological truths, and proven techniques, *The 30-Day Love Detox* is a revolutionary road map to finding lasting love in a modern world.

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