



How to Save Your Own Life: A Novel

By Erica Jong

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How to Save Your Own Life: A Novel By Erica Jong

Erica Jong--like Isadora Wing, her fictional doppelganger--was rich and famous, brainy and beautiful, and soaring high with erotica and marijuana in 1977, the year this book was first published. Erica/Isadora are the perfect literary and libidinous guides for those readers who want to learn about-or just be reminded of-the sheer hedonistic innocence of the time. *How to Save Your Own Life* was praised by *People* for being "shameless, sex-saturated and a joy," and hailed by Anthony Burgess as one of the ninety-nine best novels published in English since 1939.

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Editorial Review

About the Author

Erica Jong is the author of nineteen books of poetry, fiction, and memoir, including **Fear of Flying**, which has more than 18 million copies in print worldwide. Her most recent essays have appeared in **The New York Times Book Review**, and she is a frequent guest on television talk shows. Currently working on a novel featuring Isadora Wing—the heroine of **Fear of Flying**—as a woman of a certain age, Erica and her lawyer husband live in New York City and Connecticut. Her daughter, Molly Jong-Fast, is also an author.

Erica Jong left a Ph.D. program at Columbia to write her ground-breaking novel **Fear of Flying**, published in 1973. Jong is the author of numerous award-winning books of poetry and novels including **Fanny**, **How to Save Your Own Life**, **Parachutes and Kisses**, **Any Woman's Blues**, and the forthcoming **Sappho's Leap**. She is also the author of the memoir **Fear of Fifty**. She lives in New York City and Connecticut.

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