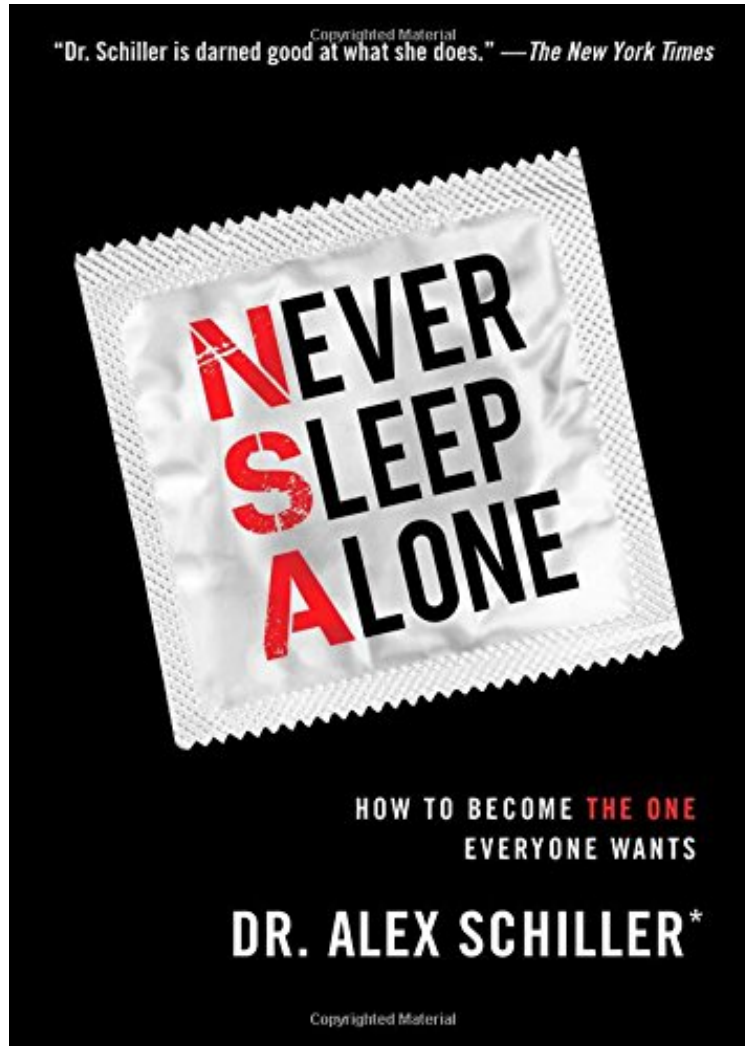


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Never Sleep Alone

Dr. Alex Schiller

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Dr. Alex Schiller : Never Sleep Alone before purchasing it in order to gage whether or not it would be worth my time, and all praised Never Sleep Alone:

7 of 7 people found the following review helpful. Got hit on bigtime within 2 minutes of reading the book By Ashtray Wasp! It's lost on most reviewers that this title is in fact an ironic accompaniment to the eponymous NYC stage show by comedic actress Roslyn Hart - i.e. Dr Schiller is a role/persona and this book is a devilishly inventive and witty fiction, people! It's a real buzzkill that it's not truly an instruction manual for how to have sex with anyone (like the Pickup Artist / The Game stuffs) but what makes this tongue-in-cheek blurry verisimilitude (check out the website they built, too, where it seems real people are committedly buying into this program!) not matter is that the writing brilliantly mimics the suggestion-based, self-fulfilling hubris of any generic CBT self-help book (Reader, do these things --

inculcated as chucklesome mnemonics; MBOs (Mind-Blowing Orgasms), BDSM (Be Direct, Seem Mysterious) and you will have TONS of sex with hot people), but also that underneath it, there's actually some good advice here, coherently considered! Have new experiences, don't dress like a dork, don't be annoying when out with a group of friends, be present and stop fiddling with your iPhone, clean your apartment, go to the gym, don't drink too much and use protection if you're going to get some action, don't take it personally if chemistry is just not there with someone else. This is all pretty good advice voiced by the sexually voracious Dr Alex, premised upon taking care of yourself, building self-confidence, and removing expectations from outcomes outside your control. But do you want to know something funny? Before I actually found out the book was a fiction, I did one of the challenges in the book, to go eat/drink on your own at a busy bar and do some writing, and within a couple minutes, I got hit on bigtime by the person sitting next to me, without even trying! The ultimate irony would be that this joke love potion actually works! 5 MBO stars. 2 of 2 people found the following review helpful. So buy this book. Read it on the subway or in a bar, see if the cover gets you some attention. By MGBuy this book. It is hilarious and it is useful. If like me, you are a straight man or woman dating in a big city, buy it immediately and read it ... twice. It contains undeniable truths that are delivered with the severity and compassion of a true messiah; and not a line of it bored me. Dr. Alex starts her book with the declaration that 98% of people are mediocre, undaunted by the mathematical impossibility the same way great Garrison Keillor never hesitated to remind his listeners that all children in Minnesota are above average. For Dr. Alex life out there is the socio-sexual war zone and she wants you armed. She believes that we were put on this planet to have sex and that everything that we do in-between is means to better mind blowing orgasms. She has ideas! My first response to the book was one of denial. We cannot be this inept in something as fundamental to our lives as sex and dating! Then came recognition. Didn't I just read emails on my iPhone in the cafe for an hour to avoid interacting with other people? Don't I pick the same worn tweed jacket from the closet full of Italian suits this morning? Didn't I go on a date with a very attractive woman last night who achieved a miracle of turning me off by talking relentlessly about her knee surgery and the slave job that she has also lost? 2 of 2 people found the following review helpful. You were VERY funny in the book By Kenny Giordano After discovering you on the "This is Why your Single" podcast, I decided to buy and read your book. I thought you were so poignant and humorous on the podcast I wanted to find out more about you. I have read a dating book by a male author because, hey, I'm a guy. But I was waiting to read a woman's side of the dating story to see how much the other book I read crossed over as well as the female perspective. Much of your philosophy in the book was self-evident, but to see it written down gave me that extra push to adopting the philosophy. You were VERY funny in the book, which I enjoy. You even caught me with my sweats on. That fact right there caused me to write this review of your wonderful book. I never blushed by myself before. I highly recommend your book to BOTH sexes. I repeat, it's not or not JUST a chick dating book. This book is for everyone.

"In order to find The One, you must become The One." Dr. Alex Schiller doles out hilarious yet profoundly wise dating advice in her new sex and dating manual, which will transform you into an Exceptional Individual capable of seducing everyone you meet. "My name is Dr. Alex Schiller and I Never Sleep Alone. Unless I want to. Man or woman, rich or poor, teenage or elderly—NSA will transform YOU into The One that everyone wants..." For the past three years in New York City, Dr. Alex (not a real doctor) has been performing her hit comedy and dating show "Never Sleep Alone" to sold out audiences, helping thousands of people from all over the world transform themselves and fulfill their sociosexual desires. Now, with her signature blend of outrageous humor and profound wisdom, the celebrated guru has created an interactive sex and dating guide that takes you on a fantastic journey of exciting new adventures, self-discovery, and transformation. With her nine NSA Principles, her compulsively quotable NSA Truths, and her interactive NSA Challenges, Dr. Alex inspires us all to laugh at ourselves, to make real human connections, and, most importantly, to Never Sleep Alone. Unless we want to.

About the Author Dr. Alex Schiller* (a.k.a. Roslyn Hart) is a writer, performer, and producer, currently residing in New York City and Naples, Italy. She has been the subject of feature stories in several international publications and media outlets including The New York Times, Time Out New York, The Huffington Post, and The Daily Mail.*Dr. Alex is not a real doctor. Excerpt. © Reprinted by permission. All rights reserved. Never Sleep Alone NSA Principle 1 NSA = NSA Never Sleep Alone = No Strings Attached