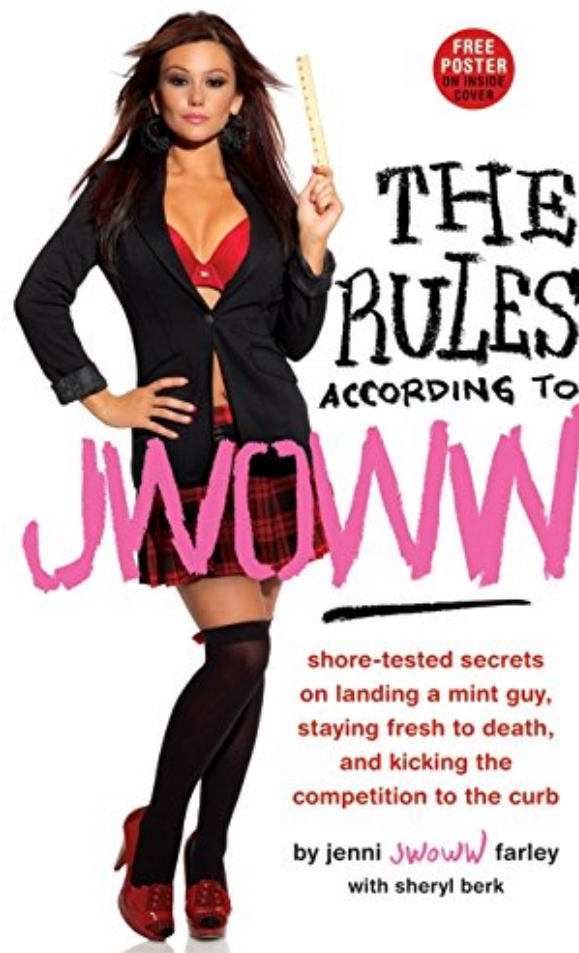
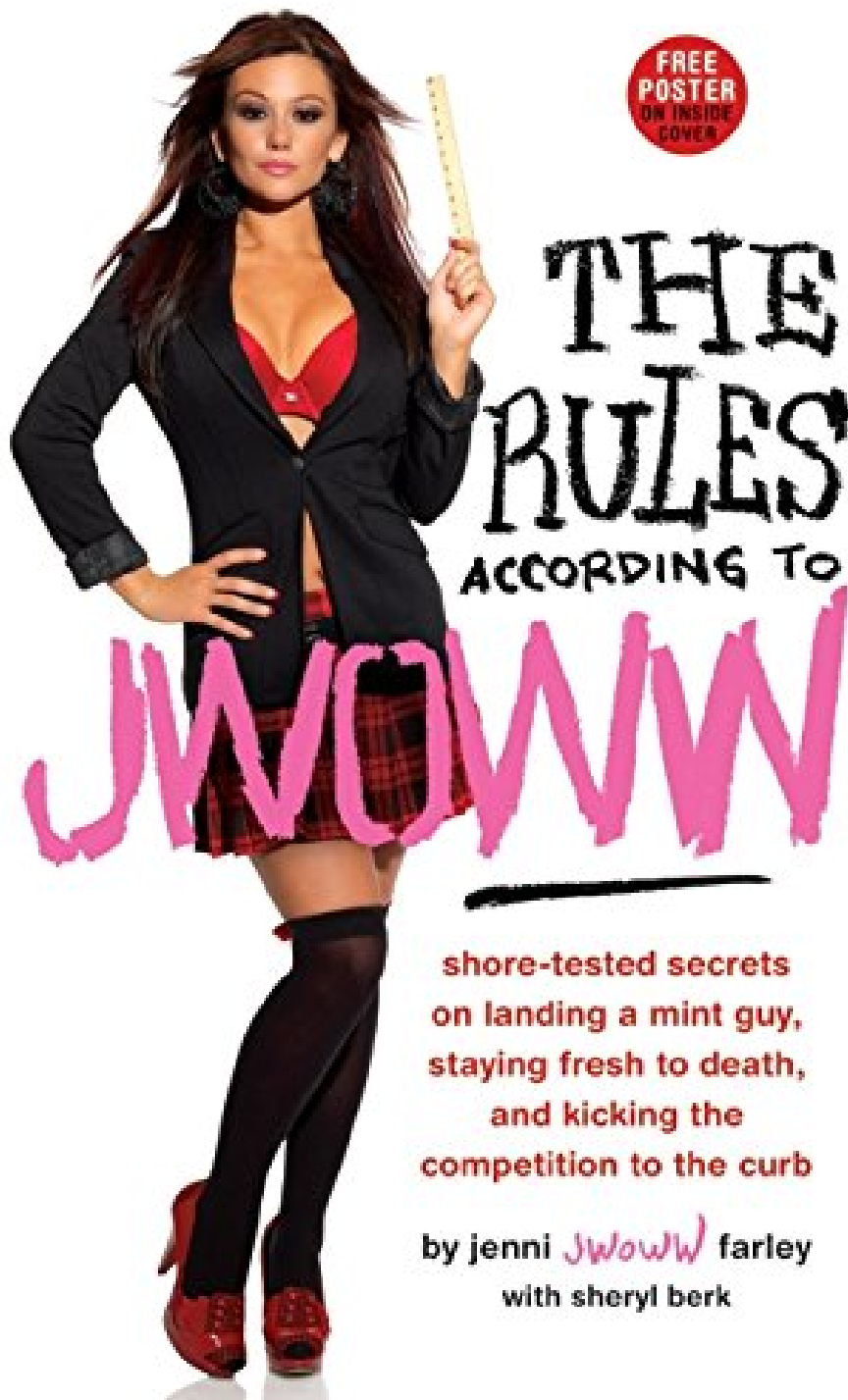


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About the Author

JWOWWW, aka Jenni Farley, hails from Franklin Square, New York. Before her rise to fist-pumping fame on MTV's *Jersey Shore*, Farley paid the bills with graphic design work and part-time club promotions. Once she conquered the club scene on Long Island and in much of Manhattan's outer boroughs, Farley was on to

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## **PDF**

One of the stars of MTV's smash hit series *The Jersey Shore*, Jennifer "JWOWW" Farley lays down *The Rules According to JWOWW*, offering a new spin on the dos and don'ts of dating, from "smushing" guys to avoiding booty calls to finding the guy of your dreams. The book includes empowering advice for a new generation of self-assured young women, as JWOWW shares her "shore-tested secrets on landing a mint guy, staying fresh to death, and kicking the competition to the curb."

- Sales Rank: #1295756 in Books
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- 224 pages

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## Most helpful customer reviews

67 of 75 people found the following review helpful.

Rule 60: The most important one of all: Every woman has it in her to "WOWW"

By AngieMe0528

I recently became a Jersey Shore fan, thanks to MTV's marathon reruns of the previous seasons. JWOWW has shown she has a pretty level head on her shoulders so when I heard her book came out, I rushed to here to download it to my phone and am currently reading it. She starts off saying this is the life she chooses and it doesn't mean the readers should do the same thing; she doesn't claim to be a role model.

The kindle version has 9 black and white photos of JWOW semi-sexy...there's one in a bikini with a beach ball but another perched on a stool wearing a club dress sipping a cocktail and showing off some great legs. It's pretty clear the book is for young women (18-28) give or take. She uses the "f-word" and other "bad words" but the book is written in such a way it sounds like your girlfriend talking and you hardly notice it and almost want to laugh after you've read it.

There are 60 rules and they are split up into 9 Chapters, Smushing, Beauty, Body, Stylin', It's Over, Relationships, Dating, and On the Prowl. Each section varies in the number of rules it has. In the introduction there is a short vocabulary lesson or "Shore Speak" but if you watch the show you have some idea what words mean but it clarifies some others.

The chapters are set up like this; you first read the rule then get the reasons behind the rule. She goes into detail talking about the kinds of guys you can come across and the best way to handle them. While she says who she would go for, she still keeps an open mind about if this is the guy for you. Sprinkled throughout the book are "Dear JWOWW" letters that she responds to giving advice.

Topics covered in book include:

Guys we meet: the man whore, the Guido, the cheater, Mr. Smooth, The cocky a\*\*hole, the virgin, the nerd, the drunk

JWOWW favorite clubs in Miami, Jersey Shore and Long Island

Women we deal with: the marriage wrecker, the hippo, the extreme faker, the drama queen

Five body signals to show interested

Five body signals to show not interested

Recipes for alcoholic drinks (2-3)

Six signs he's a cheating scumbag

Six signs you're a hook-up

Five red flags that he's a control freak

Five ways to fight right (not physical)

A few Italian meal recipes (2-3)

Six ways to survive a break up

How to get over a breakup... in three easy steps

Questions to ask yourself if you think you might want to get back together

Ways to get back at him (all seem to improve yourself but are still kind of low, then again when you hurt, you want him to hurt)

The elements of Guido style

How to go from casual to club in ten minutes

Exercise routines to work specific body parts

Her healthy eating plan (only gives a plan for one day with three options for each meal and snack suggestions. This is because she plans on coming out with her own line of exercise DVD's and pills)

The elements of Guidette Beauty

A glimpse at an hour by hour timeline of how she prepares before hitting the town

Advice on nails, hair extensions and make up (including permanent make-up!)

Tanning Tips (and tricks when you screw it up)

Hair removal (advice on the many ways you can remove unwanted body hair)

What to do if the sex sucks

Ten physical things that turn a guy off

Ten nonphysical things that turn a guy off

Ideas to spice up the bedroom

Advice on STD's and being a virgin or gay or bi

Overall this book reads almost as if it's a big sister to a little sister. The honest conversation mom would kill the both of you if she found out. The advice is good and reads sincere with jokes and stories that will make you smile, maybe laugh or remember watching it on TV. An example would be she talks about drinking and advice on ordering drinks and drinking too much and the time she punched a roommate while totally drunk and how she later regretted it. She says what she chooses to do but also gives the other options an equal stance. She doesn't say this way is the ONLY way and others ways aren't worth her time. It reminds me of reading those teen magazine sections about advice only more adult and less candy coated, and bible stamped. While she never gets too graphic and doesn't openly offend anyone, some people might not like the swearing and a few descriptions of large women with bad attitudes at clubs being labeled hippos and or grenades; but everyone is going to be touchy about a subject that is sensitive to them.

The only thing I didn't like was that it seems short. Maybe I am just a fast reader. I wish it was longer but what other advice could she give? She covered a lot. I also would have liked the photos to be less sexy and maybe more natural photos or photos of make-up applications or cute outfit ideas but I suppose if she did that it would cross the line into something aimed at teens and it is very borderline, teen/young adult. YOU might not WANT a teenager reading this book but it would be a book a teenager would want to read and possibly enjoy reading. Reason number is it accepts the reader is looking for a guy, having/had sex and possibly having one night stands in a drunken stupor. So its aim is for the college aged ladies but the advice could reach down to the teens and up to the single 30's.

0 of 0 people found the following review helpful.

Great

By Amazon Customer

Loved this book. Read it in 2 days lol

0 of 0 people found the following review helpful.

Five Stars

By Cory Compton

Gift for wife she loved it

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