



# Chastity Is for Lovers: Single, Happy, and (Still) a Virgin

*Arleen Spenceley*

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**Winner of a 2015 Catholic Press Award: Books for Teens and Young Adults (First Place).**

In 2012, journalist Arleen Spenceley outed herself as a twenty-six-year-old virgin in a *Tampa Bay Times* op-ed that went viral. In *Chastity Is for Lovers*, Spenceley expands on that piece, advocating Catholic teaching on sex and marriage with candor and humor, and without judgment.

In her debut book, seasoned journalist and self-professed "happy virgin" Arleen Spenceley offers a mature, funny, and relatable vision of Catholic teaching on chastity for young adults. *Chastity Is for Lovers* provides perspective on a variety of topics--the difference between chastity and abstinence, how virginity is an affirming and valuable life choice, how the word "purity" can be harmful in ministry settings, how to date well, and why sexual self-control is the best form of marriage preparation--and gives single adults the best possible chance to find true love. She carefully avoids using language that shames readers and instead presents a view of chastity that is joyful and positive.

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