



## The Dating Detox

*Gemma Burgess*

[Download now](#)

[Read Online ➔](#)

# **The Dating Detox**

*Gemma Burgess*

## **The Dating Detox** Gemma Burgess

If you can't date anyone nice, don't date anyone at all...Dating is a dangerous sport. So after her sixth successive failed relationship, romantically-challenged 20-something Sass decides she's had enough. The Dating Detox is born. No men, no break-ups, no problem. The result? Her life -- usually joyfully/traumatically occupied with dates, clothes and vodka -- is finally easy. Chastity rocks. No wonder nuns are always singing. Everything falls at her feet. Especially men. Will Sass break the rules? Why does fate keep throwing her in the path of the irritatingly amusing -- and gorgeous -- Jake? Will she ever roll the dice and play again? Or is a love-free life too good to risk losing? For the post-Carrie Bradshaw, post-Bridget Jones, post-credit crunch generation of singles, life isn't beautiful, a bitch, or a beach. It's a party.

## **The Dating Detox Details**

Date : Published January 6th 2011 by Avon (first published November 13th 2009)

ISBN : 9781847561916

Author : Gemma Burgess

Format : Paperback 424 pages

Genre : Womens Fiction, Chick Lit, Romance, Contemporary, Fiction, Adult

 [Download The Dating Detox ...pdf](#)

 [Read Online The Dating Detox ...pdf](#)

**Download and Read Free Online The Dating Detox Gemma Burgess**

---

## From Reader Review The Dating Detox for online ebook

### Leah says

After being dumped six times in a row, twenty-something Sass decides enough is enough. On a night out with her friend Bloomie, Sass decides to begin The Dating Detox. For three months Sass will abide by numerous rules including: not making any new man-friends, not flirting with any man and most importantly, not going on any dates. Will Sass be able to abide by The Dating Detox for three whole months? After the three months is up, will Sass go back to her destructive dating lifestyle or will she decide that, actually, being on her own is a lot more fun and far less hassle?

The Dating Detox first came to my attention a while back when it was due to be released under the title of The Dating Sabbatical. I heard the synopsis and thought it sounded incredibly interesting and, most importantly, rather unique. I love a unique chick lit book. Gemma Burgess very kindly offered to send me this to review and I couldn't wait for it to arrive so I could get started on it straight away. It's taken me a few days (football/X Factor got in the way it seems!) but I have finally finished The Dating Detox. And, boy, did I love it.

The plot, as I mentioned, is a very unique one. Not in the fact that Sass is a regular twenty-something who gets drunk/dates a lot, but in the fact that Sass decides to quit men for good. Well, three months anyway. No book I've read has ever, out-and-out, had it's main character stop dating full stop... until now! I wondered how the romance would come into the book since Sass has sworn off men for good, and I knew the romance aspect would undoubtedly be a big part to the storyline, as the book is essentially a rom-com so it was great to see the book unfold in it's entirety. I was immediately sucked into Sass's world and I thought Gemma tapped into the mind of a twenty-something serial dater pretty well. We learn early on about Sass's six break-ups which have caused her to start her Detox and they were equally amusing and cringe-worthy in the way in which they happened. I could sympathise with Sass as we learn of each of her break-ups but, wow, she hadn't half dated some losers. It made the Detox make sense, I must say!

The book actually skips over the three-months of the actual Detox and I thought I'd missed something out, as the blurb makes it appear as if after the three months, Sass will immediately give it all up. I actually love the fact she embraced her new single status and went out of her way to not go out on dates. It was actually quite a refreshing experience to see Sass want to stay single, rather than go back on all of her hard work throughout the detox and begin dating losers again. I could see completely why Sass was terrified of entering back into the dating world and did wonder if she would ever make that leap again.

All of the characters in The Dating Detox are fantastic. Sass is the perfect heroine as she has her flaws and, unlike most twenty-somethings, she doesn't have the perfect life and isn't afraid to speak her mind. I loved her from the get-go and any twenty-something will find it easy to relate to Sass. What makes the book though are the ensemble cast around Sass. Her best friends Bloomie and Kate were fantastic and the relationship between the three of them was portrayed very realistically. They had their moments, did the three friends, but when it all came down to it, they all pulled together regardless of all of the problems they all had to face. I adored Bloomie and would love to have her as a friend. In fact I'd love all three of the girls to be my friend. While the book is about love and finding the right man, albeit with a Dating Detox thrown in, it's also about female friendships and that was an aspect of the book I loved. I loved Jake, who Sass meets one night and keeps bumping into with alarming regularity. I kept waiting and hoping he would appear throughout the book and I was so pleased when he did. There were a few more characters throughout the book, Sass's friends and Sass's ex-boyfriends but it's mainly Sass, Bloomie, Kate and Jake who are our main

focus.

The Dating Detox isn't written in a spectacular way and I don't mean that as a criticism. The writing style is easy and relaxed and it's as if Sass is talking to me throughout the book, rather than myself reading about Sass – if that makes sense. It must be a difficult writing style to keep up considering it's written in the present tense (which I think is probably the most difficult tense to write in as you have to keep yourself from slipping back into the past tense) as well as being written in first-person. I applaud Gemma for going with that writing combo for her debut novel, she really pulled it off and made reading the book an utter pleasure.

The Dating Detox is just a fantastic read and I can't wax lyrical about it enough. It's humourous, it's warm and it's witty and I really recommend that you give this book a read. I could have read about Sass all day long, she was that enjoyable a character. Gemma has hit a winner here with her debut novel and I truly loved it. Not only is the plot unique but the characters are ones you really care about and only want the best for. A true must-read.

---

### **cloudyskye says**

As usual, I did enjoy Gemma's lively and amusing way with words. I'm simply charmed how London comes to life. I liked Sass and her friends, Jake is smashing, of course - although Robert in "A girl like you" touched my heart a lot more. Gemma Burgess is now officially my favourite chick-lit writer. One thing that bugs me, though: Do they REALLY drink this much? If life is so great, why the constant need to drown it in vodka, wine, beer, schnapps ...?

---

### **Sara says**

Meh. Didn't love it, didn't hate it.

The predictable-happy finale was good and earned it its third star.

However this book didn't capture me very much, the plot was a bit flat... it lacked tension. Definitely wasn't gripping. Really, half of the book was practically the narration of useless day-to-day activities; the author spent too many words describing the surroundings, the group dynamics, the preparation and development of the parties or weekends. I felt that the Love Story, which for me should be the focal point in a chick-lit novel, was left with a meagre 20% of the book at most. I didn't have to move to next chapter or die; I just sort of did because, unless a book is truly horrendous, I usually finish what I've begun to read.

The writing style was similar to the other book I've read from Burgess, which was a plus. You really feel like you're in the head of the protagonist and she's often funny and witty. However, the overall book was definitely inferior by far to 'A Girl Like You', which, unlike this one, I loved.

---

### **Clong Clong says**

Forgive me but i am completely flummoxed with where the plot is actually heading. I really thought this was some chick lit romance w/ Sophie-Kinsella humor but i am gradually flabbergasted already. The absurdity of the story is making me just drop it and close it without finishing it. It is just a drag. I completely understand the character's intent on ceasing the dating arena because she has been a complete dormat but it is just

toooooo much already like stop it already and get on with him. but where is him? I am more than halfway through but the conversation of the two of them is such a rare event i was thinking it as an imagination if they ever did. Okay so go for the focus on friendship here and i was just like Zzzzz. Some chapters are a complete waste, some events i don't actually need to read, countless bastardos yeah yeah i get it. So i'm hoping that when i wake up i might decide whether to ditch this book and continue...scanning. \*heavy, frustrated sigh\*

---

### **Katie says**

[jumped the three months of the initial dating detox. (hide spoiler)]

---

### **Isabella says**

Ok, but not great. Didn't love it.

---

### **Jules (Never enough time to read) says**

The Dating Detox was a whole lot of laughs. It was fun, well written, easy to read and I liked the authors humour a lot.

My only small complaint was all the smoking breaks really began to get on my nerves.

Definitely recommended.

Thanks Tory for picking it as our first super awesome book group choice :)

---

### **Inge says**

#### **3.5 stars**

After being dumped six times in a row, Sass finds herself getting drunk with her best friend Bloomie at a steakhouse. Right then and there, she decides to swear off all men and stop dating for at least three months. And so the Dating Sabbatical is born:

- “1. No accepting dates*
- 2. No asking men out on dates*
- 3. Obvious flirting is not allowed*
- 4. Avoid talking about the Sabbatical*
- 5. Talking about the Sabbatical is permitted in response to being asked out on a date. Until then it would just intrigue them and be another form of flirting and in fact be taken as a challenge*

6. *No accidental dating, ie, pretending you didn't arrange to meet them just for a movie or something when you blatantly did*
7. *No new man friends. It is just as confusing. And it would open up opportunities for non-date-dates, ie, new-friend-dates, which are just the same as dates, when you get down to it*
8. *Kissing is forbidden. Except under extreme circumstances, ie, male model slash comic genius is about to ship off to sea to save the world and as you say goodbye he starts to cry and say he never knew true love's kiss*
9. *Actually, if you meet a male model slash comic genius who is about to save the world, you can sleep with him. Otherwise keep your ladygarden free of visitors as it will complicate matters. None. At all.*
10. *No bastardos”*

The Dating Sabbatical opens a lot of new doors for Sass. She uses the time she normally wasted thinking about guys and drinking to find inner happiness and get ahead at work. She gets a raise, she's the master of inner peace and is ultimately happy. Then she meets Jake, who threatens to destroy the Sabbatical altogether. Jake is sexy, funny, and basically the perfect guy for Sass. But what if he turns out to be a possible bastardo?

Typical Gemma Burgess – this book was charming and funny, though I didn't enjoy this one as much as I did A Girl Like You. It was less spontaneous and didn't read as fluidly, but still had all the elements of a nice read. A couple of hours of chuckles and smiles, no matter how unrealistic the story, was all I needed from this book.

---

### **Love Fool says**

If you can't date anyone nice, don't date anyone at all...Dating is a dangerous sport.

Gemma Burgess reminds me of a real Carrie Bradshaw from Sex and the City, women love her and she just writes about dating, relationships, and sex so well. She makes you laugh and root for the main character. She also makes you forget all about your dating woes and see a hopeful future.

This book was funny, a page turner, and filled my girl power bucket up. I read it when I was single and tried almost every dating site out there and was becoming the Grinch of love and relationships. This turned my frown upside down.

---

### **Rosie Review says**

Taken from my blog [www.rosiereview.wordpress.com](http://www.rosiereview.wordpress.com)

I think it's a first for me. To read a book from one author and then run straight to another. Normally if I like a author I'll download another, but I'd read a book from a different author; in a way cleansing my reading pallet before coming back to this author. But after A Girl Like You I had to read more Gemma Burgess! This book like AGLY was excellent. It had me in stitches, it had me wanting for more. It shows really well a girl's insecurities about dating and also the rituals a girl would try in order for things to go their way. Hands up who has a lucky clutch?? I do, I also have lucky socks, consider my Links of London bracelet lucky and haven't walked on three drains in a row.

This book made me want to up sticks and move to London, just so I could become a copywriter and live Sass' life. And I'm a country girl at heart!!! lol This book is so going on my must read list.

---

## Bookevin says

Review originally on I Heart.. Chick Lit.

[www.chicklitkevinxx.blogspot.com](http://www.chicklitkevinxx.blogspot.com)

Recently, I went to a book sale in Kuala Lumpur (KL) and had the best time of my life, shopping for well, BOOKS! I had a couple of hundreds and I thought, I'll splurge it ALL on books. I know, I'm that crazy. It was a day I would remember for the rest of my life. Okay, until next year when I go again. It was probably THE BIGGEST book sale I've ever been to.

And the best part was, all fiction titles, hardback and paperback, were only RM8, which means less than £2. It was that cheap and I went completely over the top and bought about 15 chick lit titles, sadly I would buy more, but I was soon broke after picking up the last book. Sigh, so I spent about RM175 (£35) on books in a day, less than 3 hours. And... Gemma Burgess's The Dating Detox was in my pile! Hurrah! \*happy dance\*

Okay, so sorry for the extended preface/epilogue/complete rubbish talk, so here's the deal: The Dating Detox was the amazeballs of modern-day chick lit, where single ladies are free, independent and always on the dating scene, either pulling gorgeous men or picked up by sleazy bastardos (new word, thank you, GKB). Fed up with the perils of dating and getting her heart broken, she and her best friend Bloomie, come up with a list, all the things she shouldn't do in order to get her life around, thus, the Dating Sabbatical was born.

The Dating Detox is about Sass, or Sarah (she hates being called Sarah), who has sworn off dating men because they are all cockmonkeys (new word) and sadly, being dumped 6 times in a row by unsuitable men. Sigh. The funniest thing was, at the first few chapters, Sass tells you about all the bad men who broke her heart. I almost felt sorry for her, but of course, I was busy laughing and grinning like a loon. Okay, here's the reveal: for me, Sass was a cross between Gemma and Blake Lively (Serena van der Woodsen from Gossip Girl - ooh! You know, in the season finale of the final season, the identity of Gossip Girl was revealed. Shocking, OMG! Super shock with jaw hitting the ground!) and Jake was... Andrew Garfield. Shoot me.

All right, let's talk about Sass! Personally, I loved her, the way she carried herself in the book, the way she flirts (RAWR) and her OCD-ish behaviour when she gets ready for work. I don't know why, specifically, but I really liked her, as in, the feeling you get when you see some popular senior in school and all you think about is "I would love to hang out with her!". Yep, that's exactly how Sass was for me. She's a really funny character, in fact, hilarious! Her sarcasm is unparalleled to all the other chick lit heroines I've read about. The dialogues in the book are a bit tongue-in-cheek and it never failed to crack me up. I really adored Sass, pre- and post-Dating Sabbatical.

And of course, what kind of chick lit book would it be without the help of the wonderful best friends? \*Enter Bloomie and Kate\* Both of them were so supportive and caring. I'd love to have them both as best friends, strangely, the trio reminded me of the girls from Sex in the City, minus the expensive designer clothes and Cosmos. Minus the sex ("There's no sex in this city").

The flow of the book worked for me. I wasn't bored throughout the book because in every chapter, you'd definitely have something to laugh about or gasp in shock! Exciting it may seem, but there's a part, where

Sass and Jake were really into each other and I thought it was really beautiful - relationships don't need sex to bond the pair together, it's all about chemistry/compatibility and the gut feeling.

The Dating Detox is the new Bridget Jones's Diary, where Sass is the HOT Bridget and Jake is Daniel Cleaver and Mark Darcy - fun, witty and utterly charming. Oops. Sorry, Helen Fielding! This book is perfect for fans of Lindsey Kelk, Lucy Robinson and Lucy-Anne Holmes. Loved it, get your copy, you won't be disappointed!

Rating : 5/5

---

### **Emma says**

I don't know why but I really hated this one. Sass was a friggin melter!

---

### **Apen says**

Ok, I am in love with A Girl Like You So I thought I was love this one as well, that wasn't the case. There was too much description of clothes that bored me, and as it wasn't my style of dressing, I found it weird. Also, the love story didn't hook me, I don't know but it isn't like A girl like you, were I was totally in love with how the relationship grow and the many details that you could read about it (he folding the paper for her, that kind of stuff).

Maybe I had so many expectations because of her other book, but if you are trying to decide which one to read first I would recommend you go to check "A girl like you".

---

### **Jacob Proffitt says**

While not *quite* as good as A Girl Like You—and maybe a little bit samey as well—this book is still a fun, evocative coming-of-maturity story with interesting characters you can't help but love. Also like the later book (this one was published some two years prior), it felt a bit long near the end with Sass being just a touch too clueless about her own emotional state.

But talking about how it falls short of its later cousin does it a bit of a disservice when the fact of the matter is that I enjoyed reading it and I'm glad I picked it up.

**A note about editions:** It looks like Avon originally published this book, too, but that the author is the one with the eBook rights. As such, the two aren't actually linked so if you hit Amazon on the hard copy it doesn't link the kindle book from there (and vice versa). That may be the case in other retailers as well with such a complicated rights issue. The author messed up, some, on the formatting on this one, too, only it's much subtler—it looks like all m-dashes (like this "—") became question marks. Weird, but again, no real harm done.

**A note about Steamy:** There's sex in the book, and a make out or two that get pretty hot, but Burgess cuts well before we get terribly explicit. It's just enough for me to flag as "Steamy" but on the lowest possible setting.

---

**Kat says**

I'm just gonna say one thing: epic parties and nights out that make you wanna hit town.

I mean, seriously: I wanna bring out my shades, put my best party dress on, turn up the music (preferably something like *Bright Lights, Bigger City* or other party tunes) and be part of that crew. Totally worth the hangovers.

---