



Why Waiting Works

How Fast Sex Prevents Us From Finding True Love and Long-Term Happiness

by Robert B. Kowalski



Non-Fiction - Relationships

Kindle Edition

Reviewed on 12/30/2018

Book Review

Reviewed by Mamta Madhavan for Readers' Favorite

Why Waiting Works: How Fast Sex Prevents Us From Finding True Love and Long-Term Happiness by Rob B. Kowalski is an insightful book that throws light on dating and sex. The author takes a closer look at how the topic of sex touches the daily lives of people and how one's decision to wait for sex can affect the entire future of a person. The practical reasons for not having sex until marriage are also discussed in the book and the author explains in a practical way why it is important to wait. It does not take long to change one's mind after reading this book. It is a great guide for all those who want to practice abstinence until after marriage and will reinforce their thinking after reading this book.

The author discusses a relevant topic with confidence and elegance, making readers look at the concept of having sex before marriage and having relationships from another perspective. The book is good for building meaningful relationships and setting boundaries in a relationship. It is a good book to ponder on relationships, dating, and sex. The author's personal experiences make it palpable to readers, and will encourage them to practice abstinence before marriage. The book is well written and is perfect for readers of all age groups, especially if they are single. The book has good principles and values and will actually make readers want to wait for their one and only instead of indulging in casual sex.