

CONFESSIONS OF THE **SEDUCTRESS** NEXT DOOR

**GIRL**  
*with a*  
**ONE**  
**TRACK**  
**MIND**

*'Summer's sauciest  
sexual memoir...  
Intimate and  
very engaging' Elle*

*Abby Lee*



## **Girl with a One Track Mind**

*Abby Lee*

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# **Girl with a One Track Mind**

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## **Girl with a One Track Mind** Abby Lee

'They say men think about sex every eight seconds - I want to know what they think about for the other seven...'

Abby Lee is smart, sassy and perpetually single. Frustrated with her mediocre love life, she's now looking for the kind of sex she's always wanted. From the illicit thrill of a threesome to a kinky introduction to the delights of a whip, this is the intimate diary of Abby's extraordinary sexual journal.

NB: Although the cover states 'Girl with a One Track Mind Confessions of the Seductress next door', this does not appear on the title page, which states just the first part without the extra strap line and that is how this edition is catalogued.

## **Girl with a One Track Mind Details**

Date : Published August 3rd 2006 by Ebury Press

ISBN : 9780091912406

Author : Abby Lee

Format : Paperback 310 pages

Genre : Nonfiction, Adult Fiction, Erotica, Autobiography, Memoir, Womens Fiction, Chick Lit, Sexuality

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## From Reader Review *Girl with a One Track Mind* for online ebook

### April Klasen says

*Girl with a One Track Mind*; *Confessions from the Seductress Next Door* by Abby Lee... Hmm, well, this was rather revealing and titillating. Word of warning! Obviously not suitable for children or prudes or those with weak hearts needing surgery. Just saying.

Abby is an independent woman who knows what she wants and isn't afraid to ask for it. Be it a quick shag in the loo, or something a lot more descriptive, she is upfront about her sexual needs and desires. For one year she anonymously documented her sexual escapades and emotional state in an online blog (which won several awards). Which was later published as this book, and at the same time her anonymity disappeared when a newspaper discovered her real identity and shared it with the public. Oops.

What is it with the English? This is only my second sexual memoir from English authors, but damn, it's amazing (the first was *Confessions of a Submissive* by Sophie Morgan). They are so eloquent and straight forward about it all. And extremely intelligent. They deviate from the usual dialogue of sex that we see in a lot of erotic stories, still using words like cock though, and still make it sound appealing.

I'm struggling here to try and keep this somewhat clean and not X rated. To talk about specifics would be revealing a little too much. If you don't fall into the categories above in the first paragraph, then go forth and find this book. It's a good read and almost educational.

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### Tia says

I originally picked this up years ago when I was doing some nude modeling in San Francisco. A fetish photographer friend I was staying with had it on his bookshelf, and I read it between gigs. He told me the story of how it started out as an anonymous blog, and I thought that was so cool. I always meant to finish it someday.

Well, I am not sure why I don't like it as much now. Maybe because I'm older & more experienced. When I first started it, I had only slept with 3 people - 1 of them a closet homosexual who used me as a beard & cheated on me with men, another much older than me & impotent. All of 3 of them were long term boyfriends. So it was fascinating to read about casual sex, something I'd never had before.

Now I'm 30, married, and I've had my own adventures. So it wasn't taboo to read this anymore, and it was poorly written with no narrative arc. It's very vanilla, and I never got a sense of what the characters she slept with were like. I couldn't even picture them. I found her "advice" humorous at best, but mostly just dull. Even the scenes of group sex at a swingers spa had me bored. She could've benefitted from a ghostwriter.

Also, once I got through the beginning of it, I realized it just doesn't work as a book. The blog format may have been much better.

One good thing I will say for it - it's honest and unpretentious. I bet the author is a girl I'd get along with, and I'd love hearing her tell me these stories while we drank wine. She's just not a writer.

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## **Madeleine Goblin says**

I tend to read books about shagging when I am on "winter sun" holiday. Over the last 5 years I have read some quite depressing books written by women about their sex lives. And I don't even attempt to read those by sex workers - i mean the whole sexuality thing is so stereotypical and distorted in those stories. No, it won't give me any wanks, no way. Anr there is nothing to learn there to be freer, if all the sex they are having is to please others, or is a job, and is with weirdos. I mean it is not about pleasure for a woman and therefore I see no point in reading about it.

But "Girl with a one track mind" is a different story: not only a woman is not ashamed of her sexuality, she revels in it. She is proud of it and has sex on her terms, a rare thing in female sexual writings. The question hammering in my head is: how someone who works for 14 hours and has about 4 hours of sleep can be wet next day and gagging for a shag? People's stamina don't cease to amaze me...

The book is very honest, author is not mincing words. There is no pretention to sound artistic of sophisticated about sex (like Catherine Millet in her pompous and futile "Sexual life of Catherine M"). It's pure experience and some good tips, and it is funny, too.

The downside of Abby Lee's (real name Zoe Margolis, she was exposed by the Times newspaper, the bastards!) diary, for it is a diary, is that it is by a purpose a diary of sex life, so any other personal traits are obscured by the litany of shags and wanks. We don't really know the author, the book is purposefully concentrated on sex. Hence, the one-sided feel of it, at least to me.

But I strongly recommend it to anybody (women in particular) who is interested in sexuality and is not satisfied with Cosmopolitan/Glamour take on it. The language is very simple, so it will suit perfectly for those for whom English is not the native language, if not for the priceless cultural experience.

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## **Nicholas Whyte says**

<http://nhw.livejournal.com/722523.html> Many of us who write blogs like to occasionally fantasise that there may some day be a market for our words of wisdom. (Of course, some who write blogs are already established professional writers, so this does not apply to them.) Very few, however, manage to make the transition from blogger to published author on the basis of what is in their blog; I doubt very much that my book reviews from here will ever appear in dead tree form in your local bookshop. Of course, that's because I write about books I have read, and occasionally sf cons I have been to, or arguments I have had, or speeches I have made, and not about sex. The Girl With A One Track Mind has written a very entertaining blog about the sex she has had for the last couple of years, and managed (somehow strangely) to persuade a publisher to take it on, and here it is. And it is an entertaining, in some ways rather a moral read. Sex with strangers, or semi-strangers, is not always satisfactory. Wildly successful sex does not necessarily lead to a wildly successful relationship. By the end of the book, she is firming up her ideas about what she wants from a long-term partner. In that way, the novel format is more sustainable than the blog -

done properly, as it is here, it imposes a duty on the author of character development, of story arc rather than the episodic narrative we get from the blog.[return][return]The Sunday Times wrote an incredibly spiteful article exposing the author's real identity - typical of the trash rag it is (a friend of mine who was briefly its foreign correspondent had to help the then foreign editor work out where the Balkan states were, one of many events that I thought Evelyn Waugh had invented for Scoop). However, she has since made a few more media appearances on her own terms. Let's hope that her fears of being finished in her film industry career are exaggerated, and that she continues to write entertainingly and for profit.

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### **Nikole Olivia says**

LOVE love love it !!! Love how it has been wrote, how it unfolds and how the descriptions make you want to know more. It was a really fun read and i always recommend this to friends.

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### **Lou says**

Didn't like this, skimmed through most of it just to finish

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### **Jane Fenn says**

Fabulous stuff. Instantly warmed to Abby and was made to feel like a close friend and confidant in the extreme highs and lows of her life. Delighted that she has been able to turn her public 'outing' into becoming an excellent role model for young women today, empowering them to make their own choices about how to express their sexuality.

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### **Stephanie says**

Dirty. Very dirty. Good book for an airplane, if you don't mind everyone knowing you are reading porn.

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### **Will says**

Worth reading just for the unadulterated, adult perspective of a straight woman who talks about female desire without apology or shame. She likes sex. She likes that men like sex. There are some people that she likes more than just sex, but she doesn't try to limit or hide herself, and when she doesn't feel like having sex with someone (notably an ex fixing her computer), she's more than happy to hand the guy a box of tissues.

The oddest thing about this book is that by being the perfect male fantasy, even accidentally, she points out male fantasies for what they are -- men who think they want sex start crying and say they want relationships, men who think they're insatiable are surprised when they're sated, men who think they're far too straightlaced to do anything risqué find that given the opportunity, they'll take it.

Predictably, as soon as this book was published, the author found herself outed and "slutshamed" for daring to have casual sex. The real tragedy is that what she was and is doing is really feminism in its purest form -- acting as you want to act, treating yourself and everyone around you in a responsible manner. It's a pity that's still a shocking idea to most people.

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### **Joanne says**

Super fun read.

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### **Alex Lowe says**

This book is so vanilla I actually chose to sleep instead of read - shocking! Seriously, this girl needs to get a life. She is voracious in bed, certainly, and the explicit scenes she only touches on (never really delves into) are juicy and fun. But she is so mired down in the social expectations of being good and chaste that she just comes off as self-loathing: "What would they say if they knew I was such a sex fiend? Why am I such a sex fiend?" And other pointless, boring and inane chatter about her sex drive. Coming from a point of view of, Why question it? Just enjoy it! I felt really uncomfortable with her constant self-exploratory rambling.

Not only that, but she is judgemental as all hell. At one point, a foot fetishist approaches her on the street to admire and compliment her lowest appendages. She proceeds to ask herself, "Why do I only ever get approached by weirdos?" or some such claptrap. I actually felt offended by her published opinions at times. By all means, be judgmental in your own head, but this edition was published after she had been exposed and her name attached to it! I was pretty damn angry at this point.

She doesn't seem to know how to communicate. She spends half the book trying to figure out if this bloke she likes fancies her back, but never actually asks him about it. She assumes she thinks about sex more than any other woman, but doesn't seem to have enough conversations with women to justify this odd belief (I myself don't have friendships with women, either, but at least I'm not so self-involved as to think I'm the only one of anything). She also makes assumptions and broad generalisations about "men", as though they're a different species. She assumes men don't like her because of the number of people she's slept with, but doesn't ask any of them if that's actually the reason, or if it's just cos, you know, she's fugly. She assumes ... blah, blah, blah, vomit.

Overall, a bit of a waste of time. It has inspired me to go back to an old favourite before launching my mouse on unknown "porn" writers again.

CHECK OUT MY OTHER REVIEWS: <http://dirtyfilthybookslut.blogspot.com>

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### **Aria Tatiana says**

[Warning:

If you're a conservative, especially a religious one, this book will have you run away screaming.]

What a good surprise this book was! When it comes to books about sex, especially when the books are based

on a blog, it can easily be cheap, shallow or just plain voyeuristic. Not to mention that the prose may be extremely bland. NOT AT ALL the case with *Girl With A One Track Mind*.

To begin with, Abby Lee's (or rather Zoe Margolis's) writing style is fresh and witty. It is simple, yes, because... well, the book is based on a blog and its main purpose is not literary achievement but to reflect with sincerity and realism about sex experiences and their implications. So it's simple, but also sharp and piquant, with loads of quips and repartee. I laughed aloud more than once while reading this book.

Concerning the content, the book doesn't disappoint either. Presented as a 1-year diary, we follow Abby's quest for an adventurous sex life and possibly a fulfilling romantic life also. Needless to say, various sex encounters, some quite unusual, are described - very crudely, but never in a voyeuristic way. The book is saucy but NOT pornographic. Abby's sexual experiences are always analyzed, so that at the end of the book you've had interesting insight about desire, lust, or the role of psychology in sex. You can also identify with her on various occasions (the occasions will differ according to the reader), and actually I think the book has a strong feminist side partly because of that. I'm not talking of feminazis, or this awful type of feminism that sees misogyny everywhere. I'm talking of what feminism should be like: the book shows women there is nothing to be ashamed of when it comes to sex and desire. It definitely has an empowering side as well as an enlightened side. Abby talks more than once about the double standard that exists when it comes to male and female sexuality. Also, as I previously mentioned, there is a lot of humour in this book, and every few chapters you can find a 1 or 2-page guide, like "the girl's guide to chatting someone up", "the girl's guide to quality sought in a man" or "the girl's guide to cock size". Always witty AND not lacking interest.

To finish, I'd recommend this book to every girl who'd like to be able to relate their sexual experiences to someone else's and maybe get a clearer view, while having a fun and quick read. Actually, I think all of us want to know we are not alone when it comes to this or that, especially concerning intimate matters, so basically this book is for virtually every (modern) girl.

But I would also recommend to book to guys. It's not cheesy nor anything that would scare guys, and it'd give them some insight into women's thinking. It may even make them learn one or two things, about what to say/not to say or do/not to do in various occasions! ;-)

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## **Gerry says**

Having lived in London for a good few years, I never realised that the *Evening Standard* was prone to understatement. However, on this occasion I must accuse it of being so far, of Abby Lee's *'Girl with a One Track Mind'*, it stated, *'Grippingly filthy'*. Gripping perhaps, filthy, well it is perhaps a stage further than that!

A friend of mine bought me the book; I think she may have thought that I had lived a somewhat sheltered life and having read this volume, she was most certainly correct. I had definitely not even lived life anything like in the context of this diary! It was very definitely an eye-opener.

One of Abby's acquaintances later in the book says to her, 'Abby, I know you. You are an honest and upfront woman - in fact you're the most straightforward person I know. Why can't you tell him what's on your mind?' I do not think he did know her and he had obviously not read her diary for he would not have said that if he had. She never held back from telling her paramours, or would-be paramours, what was on her mind. And it was always just the one thing - sex and everything associated with it!

And that was sex in any shape or form, in any position or in any location. She had no inhibitions and would indulge herself to her heart's content at the drop of her hat, or the drop of anything else that was to hand! And there were no restrictions, anything was on the menu, literally!

Being a diary it does not need a storyline as such but there is one all consuming theme, obviously, sex but there is a pseudo-storyline in that throughout all her exploits, be it with a partner(s) - male or female - or alone, and there is plenty of the latter going on, she had a yearning for one of her lovers, Blog Boy as she called him, to get serious with her and devote all his time to her whims and fancies. Unfortunately, although he enjoyed himself with her in many ways from time to time, he could not commit to her and at the end of December (the diary consumes one year) she is left high and dry - well, according to her diary entries, not necessarily dry!

The last entry in the diary is that she wants - sorry, I can't repeat it but suffice it to say she mentions the dining room table and she intends to continue having fun along the way whilst admitting that she has to make love (a euphemism for her own words) to a few frogs before she finds her prince!

The best way to describe the diary is that it is an enlightening read.

Later: Having reflected on this book, I have decided that I was far too generous; it is now a one star item.

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### **Claire Sayan says**

I shouldn't read memoirs, I don't like them.

A few issues this book threw up for me-

- 1) how does Abby eat, work, live with all the time she spends getting herself off?
  - 2) how is she not incredibly sore?
  - 3) how much is her laundry bill with the amount of wet knickers she's washing?
  - 4) how has she not been arrested?
  - 5) she should wear a nappy Instead of leaving snail trails everywhere she goes
- 

### **Rachel says**

Parts of this book were really hot, and fun to read. However, perhaps in the author's quest to preserve her anonymity at the time (though she's since been outed and unfortunately lost a job over her blog), a lot of the story feels very...anonymous. Even trying to be very fictional-sounding, if that makes sense. There are other sides to her personality that she mentions, but doesn't go into detail about, which is a shame, as I don't feel like I got to know her as a 'real' person. But it is a book mostly about sex, so it's to be expected that's what she's focusing on. Her blog does make for some good reading, [girlwithaonetrackmind.blogspot.com](http://girlwithaonetrackmind.blogspot.com)

Not to say I wouldn't enjoy meeting her one day...and then some ;^)

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