



Single book's selfish look

Zoe Foster may have split with one of Australia's hottest sportsmen, Craig Wing, earlier this year, but with singledom has come great career success.

She's written two books, has a dating column and established a popular beauty website.

"It's been an incredible year. What it comes down to is when you have a breakup you get to have positive selfishness for a while," she said.

The 29-year-old admitted she couldn't have written dating guide *Textbook Romance*, which she co-authored with friend Hamish Blake, while she was in a relationship.

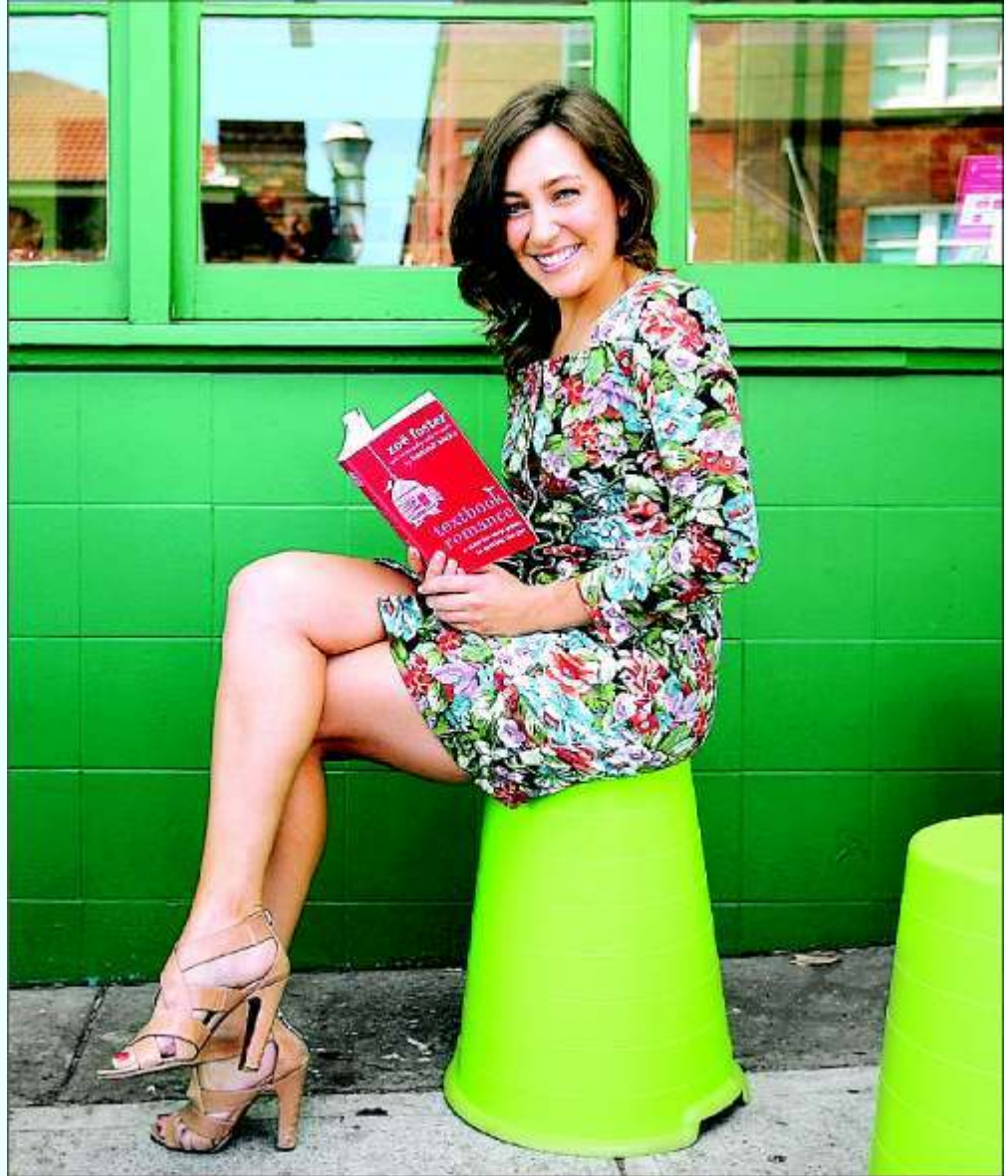
"It was all meant to be. I started writing it before we broke up and it was more (a book) about confidence. You can't be in a smug couple writing about dating," she said.

Foster admits her dating tips are rather old-fashioned, particularly the advice to refrain from moving in with a guy before you've got a ring.

"That advice is for those girls who are frustrated, who think the only way for him to propose is by moving in with him. Men respond best to withdrawing," she said. "My grandma used to say a man should love you more than you love him."

Textbook Romance is out through Penguin for \$24.95.

— VANESSA SANTER



Zoe Foster's been a busy girl – while also being a single girl.

Picture: CHRIS PAVLICH