



**CONTACT:**

Sharon Bially

[sharon@booksavvypr.com](mailto:sharon@booksavvypr.com)

508-655-2676

**COLLEGE GIRLFRIENDS INVENT CLASSIFICATION SYSTEM FOR GUYS...AND TAKE IT  
TOO FAR**

**Is Your Guy a Dispassionate “Spoon,” or an Arrogant “Fork?” *Huffington Post*  
Columnist Leah DeCesare Brings Humor and Timeless Wisdom to 20-Something  
Dating Mindset in *Forks, Knives, and Spoons***

**SparkPress, April 2017**

There are three kinds of guys: forks, knives, and spoons.

Or so Amy York’s father tells her as he sends her off to college. But he never suspects just how far or how seriously his daughter will take this lighthearted advice. Clinging to her dad’s “Utensil Classification System” (UCS) as a guide, Amy leads three female friends at Syracuse University in scoping out, over their years on campus in the pre cell-phone 1980s, which potential love interests are dispassionate “spoons,” which are arrogant, inconsiderate “forks” and which are “steak knives” -- the best soul-mate and husband material.

Long after graduation the UCS lives on, shaping the young women’s choices and romances as they continue their quest for the perfect steak knife. Until the day Amy discovers that she had it all wrong... Only then can she and her friends see the vital importance of believing, above all, in themselves.

Dawn Lerman, bestselling author of *My Fat Dad: A Memoir of Food, Love, and Family with Recipes*, *New York Times* Well Blog columnist says, “Leah DeCesare captured me on the very first line, ‘There are three types of guys: forks, knives and spoons.’ With imagination, highly relatable characters, and witty dialogue we are taken back to our youths - reevaluating and categorizing all of our crushes. A lovely story of friendship, love, and the amazing time between childhood and adulthood.”

Anita Hughes, author of *CHRISTMAS IN PARIS*, says, “Leah DeCesare has a writer's voice that is remarkable for a debut novel. The characters in *FORKS, KNIVES AND SPOONS*

are so relatable and the story makes you long for your own youth. A wonderful book about love and growth, and discovering who you are and what makes you happy.”

### **About the Author**

Leah DeCesare is the author of *Forks, Knives And Spoons* (2017, SparkPress) and the nonfiction parenting series *Naked Parenting*, based on her work as a doula, early parenting educator, and mom of three. Leah’s articles on parenting have been featured in *The Huffington Post*, the *International Doula* and *The Key*, among others. In 2008, Leah co-founded the nonprofit Doulas of Rhode Island, and in 2013 she spearheaded the Campaign for Hope to build the Kampala Children’s Centre for Hope and Wellness in Uganda. In a past life, Leah worked in public relations and event planning. She now writes, teaches and volunteers in Rhode Island where she lives with her family and their talking cockatiel.

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**Author:** Leah DeCesare

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