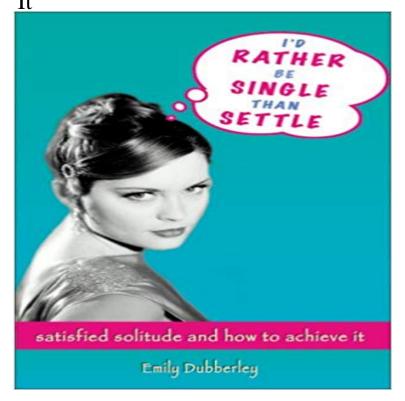
## Id Rather Be Single Than Settle: Satisfied Solitude and How to Achieve



Debunking the myth that women are incomplete without a partner, this book removes the rose-tinted glasses that many people wear when they think about relationships and offers practical advice on enjoying life as a single person. Packed with case studiesabout both single women andcouples, it doesnt preach that everyone should be single but instead challenges the standard ideal of attaining a long-term relationshipat the cost ofloving life and living in the present. Accepting that it isnt always easy being single, the book provides practical advice on dealing with parents who are critical of a daughters single status, responding to friends who are smug about their relationships, escaping the feeling that excuses must be made for alone, being and copingduring moments when self-doubt kicks in. The guides emphasis onenjoying single life will boost readersself-esteem, attract more positive people into their lives, and better prepare them to carefully consider the decision to become coupled.

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