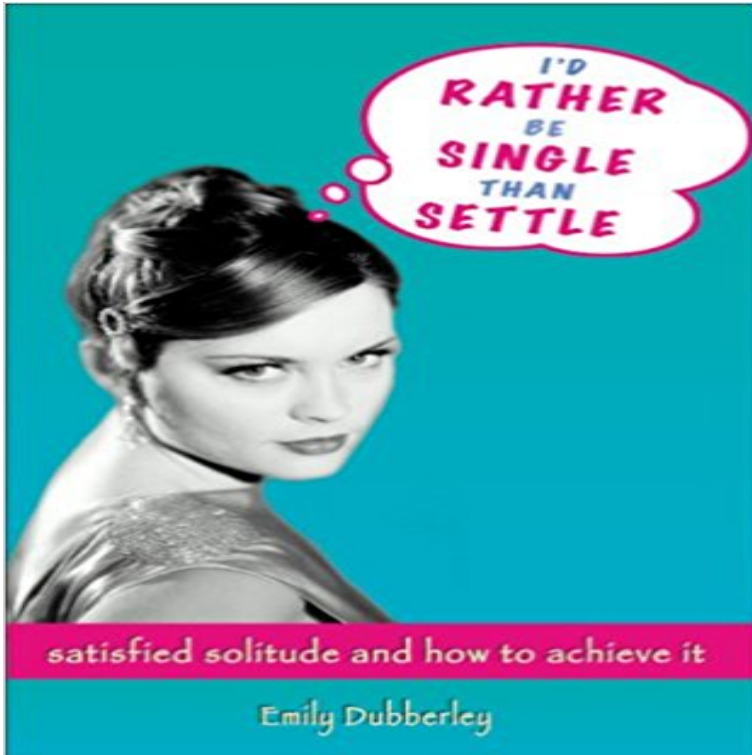


# Id Rather Be Single Than Settle: Satisfied Solitude and How to Achieve It



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 studies about both single women and couples, it doesn't preach that everyone should be single but instead challenges the standard ideal of attaining a long-term relationship at the cost of loving life and living in the present. Accepting that it isn't always easy being single, the book provides practical advice on dealing with parents who are critical of a daughter's single status, responding to friends who are smug about their relationships, escaping the feeling that excuses must be made for being alone, and coping during the moments when self-doubt kicks in. The guide's emphasis on enjoying single life will boost readers' self-esteem, attract more positive people into their lives, and better prepare them to carefully consider the decision to become coupled.

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