A Solo Act

Who says people must be coupled up to be happy?

March 2, 2020 As told to Kate Ferguson

Recently, I chanced upon the book Happy Singlehood: The Rising Acceptance and Celebration of Solo Living, by sociologist Elyakim Kislev, PhD, and it helped me to rethink my life.

I grew up being told that finding a mate, getting married and having children was absolutely necessary for a woman to be satisfied with life.

When relationships would come to an end, fear would prompt me to once again immediately begin another search for “the one.”

But as years passed, I grew tired of this quest. There had to be more to life than the constant pursuit of a relationship. Kislev’s book inspired me to think about singlehood in clearer, more positive ways.

What I’ve learned is that life being single suits me just fine.

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http://beta.docker.realhealthmag.com/article/solo-act-single-happy