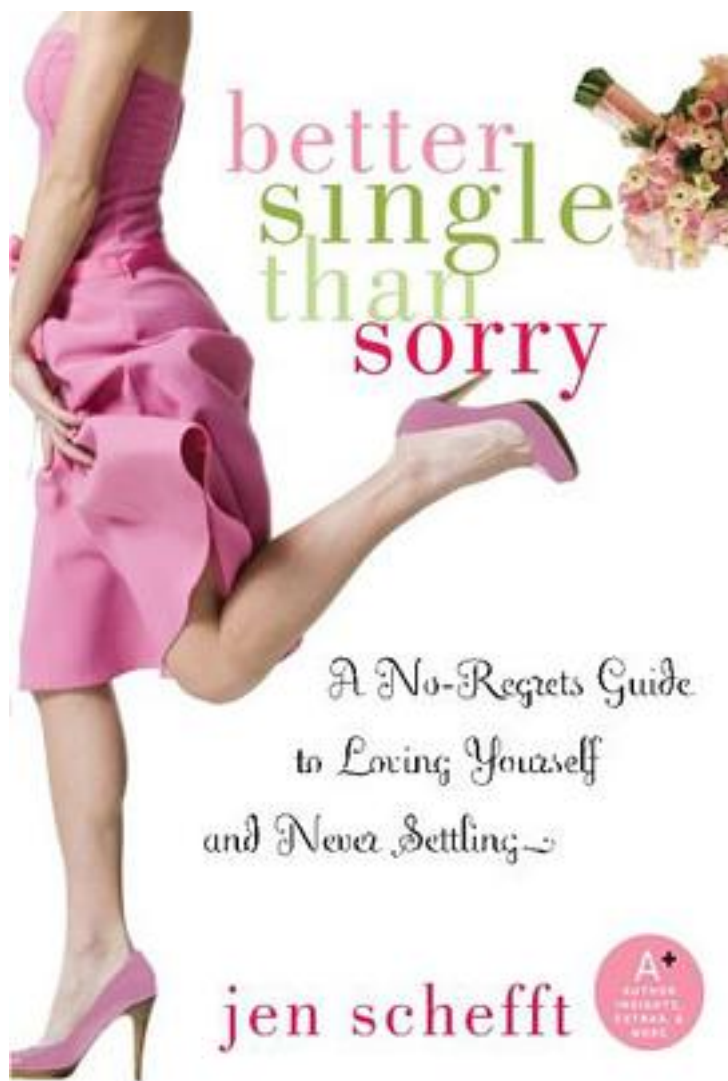


# Better Single Than Sorry



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著者:Jen Schefft

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## Editorial Reviews

### From Publishers Weekly

Schefft, who famously turned down two marriage proposals on national TV, would seem the perfect source for a book on finding inner happiness and self-sufficiency without a man; unfortunately, the former star of TV's *The Bachelorette* has a positive message and little else. Instead of providing juicy behind-the-scenes stories from her two seasons on TV, Schefft illustrates her message with anecdotes from a number of average women, a technique she leans on so often that these real-life tales start running together. Lists of questionable utility and appeal are provided throughout, such as "50 Reasons Why It's Great to Be Single" ("You still have an opportunity to hook up with Justin Timberlake if he suddenly knocked on your door"); ditto in-book quizzes and activities. Familiar lessons like "Don't Be a Doormat" and the grass isn't always greener lack fresh perspective, and the text can be frustratingly repetitive ("Chapter 4: Tell Mom-and Everyone Else-to %\$#\* Off" doesn't preclude sections in Chapter 8 on "Parental Consent" and the "Dutiful Daughter"). Though she provides an occasional surprise—a helpful look at the distinction between playing hard to get and being hard to get, for example—Schefft's advice is largely stale, providing more comfort than constructive ideas.

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### Product Description

Advice, insight, and inspiration for relishing the single life!

We live in a country that places an unhealthy emphasis on relationships, yet nearly 50 percent of all American women are single. But does being alone mean you have to be lonely and miserable? Absolutely not.

Nobody knows that better than Jen Schefft, who got engaged to a rich and handsome man on TV's *The Bachelor*, only to break it off after six months—and who later stunned and infuriated viewers nationwide when she turned down the proposals of both finalists on *The Bachelorette* the following year. But even though she was reviled in the tabloid press and on the Internet, Jen believes it would be a far worse fate to commit to a relationship that was wrong for her.

*Better Single Than Sorry* is an indispensable guide to thriving as a solo in a couples-obsessed culture. In this warm, compassionate, down-to-earth, and empowering book, Jen Schefft has a positive message to impart to millions of sensational single women: Love yourself . . . and never settle for anything less than everything you deserve.

### About the Author

Jen Schefft won 2003's *The Bachelor* and starred in 2004's *The Bachelorette*. Walking away from both after turning down two proposals, she now works in public relations and lives in Chicago, Illinois.

作者介绍:

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