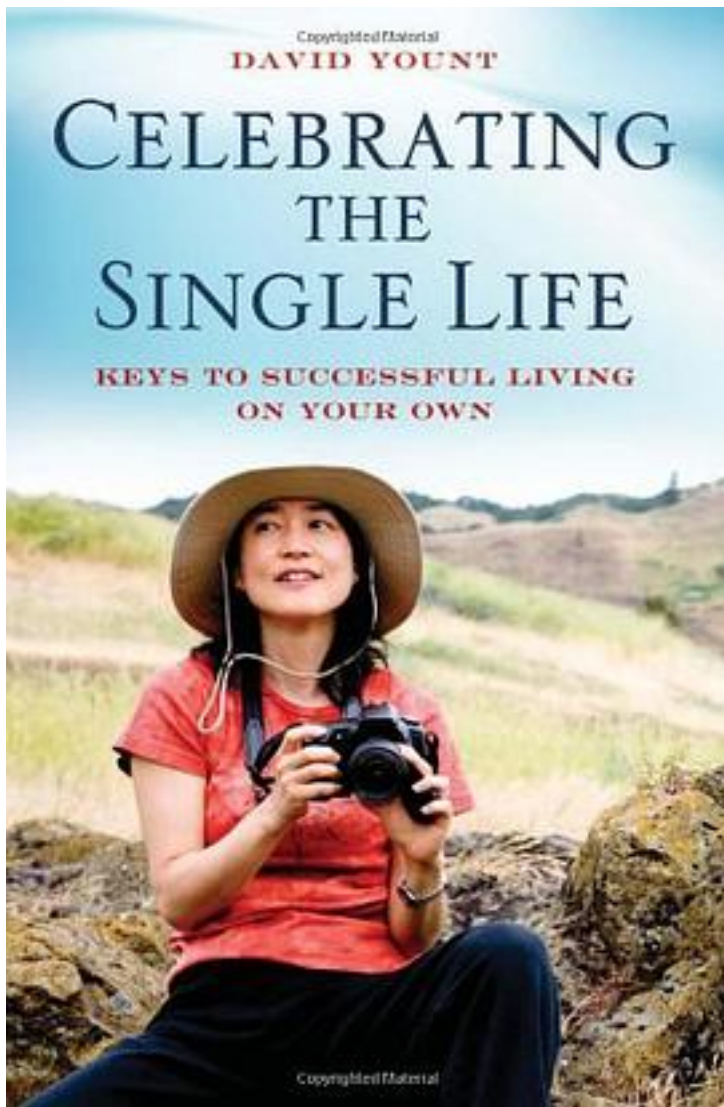


# Celebrating the Single Life



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This book offers strategies for leading a successful and rewarding life as a single person at any age or stage of life. For some countries, society is no longer defined by marriage. Today, an increasing number of households are headed by single men and women. Even those who do marry spend at least half of their adult lives alone. Living on one's own presents unique challenges depending on one's age, health, and circumstances. So the script for successful single living calls for different strategies for young adults, the recently divorced, single parents, and those widowed or experiencing single life in later adulthood. Here, Dr. Yount considers each group's special needs and challenges and offers a guide for leading a productive, rewarding, and fulfilling single life. Single living, he contends, requires some core abilities: overcoming loneliness, reaching out to others, developing faith in oneself and self-respect, keeping up with daily activities, and maintaining good health, security, and a sense of humour. This book helps readers learn to celebrate their single status and to find contentment and peace while living on their own. With a trend toward single hood increasing, affirming the single life and making a success of it becomes all the more important. The author offers advice for creating a gratifying and happy single life at any stage, and provides insight into those things that can contribute to a satisfying single lifestyle. He pinpoints areas that often get ignored by singles, and proposes solutions to some of the pitfalls that can lead to loneliness or unhappiness. Leading a fulfilling single life is not only possible, it can in fact be rewarding in itself, and the author shows readers how to lead productive and creative lives as modern singles.

作者介绍:

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