

# How to Be Single and Happy: Science-Based Strategies for Keeping Your Sanity While Looking for a Soul Mate 2018 272 pages Jennifer Taitz Penguin, 2018 9781524704810

I've got to admit, the subtitle "science-based strategies for keeping your sanity while looking for your soul mate" isn't my favourite because while the book is science-based, looking for your soul mate isn't the end goal. The goal of the book is to help you be happy in the present, no matter what your relationship status and I think that is a very important message. Aiming to be happy while single isn't a consolation prize for not being happy and in a relationship - it's how you should be because it's your life and you are not defined by your relationship status. Now that I've got my thought How To Be Single And Happy: Science-Based Strategies for Keeping Your Sanity While Looking for a Soulmate Paperback 16 Jan 2018. by Jenny Taitz (Author). 4.5 out of 5 stars 2 customer reviews. Format: Kindle Edition Verified Purchase. I really enjoyed reading "How to be Single and Happy". Jennifer Taitz shared some wonderful and thought-provoking examples, not only from her clients but of her own life as well; many of which I could relate to. I have been single for four years and have noticed (like Jennifer says in her book), "Single status still suffers from a PR problem". Another important message is that before we can manage a relationship, we have to be able to manage ourselves. Focusing on staying present in the here and now helps so much. You Can Be Happy On Your Own Enjoy Being Single Finding The One and Being Chill About It Knowing Your Worth and Setting Your Standards What You Want Vs. What You Need Taking It All In And basically everything you need to know on how to keep your sanity while looking for your soulmate. Download your copy today! Take action today and download this audiobook now at a special price! Audio Family & Relationships Parenting. 0:23:23. Dr. Jennifer Taitz, a board-certified cognitive behavioral clinical psychologist and certified dialectical behavioral therapist, tackles singledom in her new book, How to Be Single and Happy: Science-Based Strategies for Keeping Your Sanity While Looking for a Soul Mate. If you're rolling your eyes, you can stop now, because this isn't a tired or cliché relationship self-help book. Taitz's latest work is all about living better, which all of us should want to do. Those issues include topics like in vitro fertilization and the "games" we're taught to play to attract a mate, among others. She also highlights the stigma of being single, which she argues is greater for women than for men. Take the example of Jennifer Aniston, for instance.