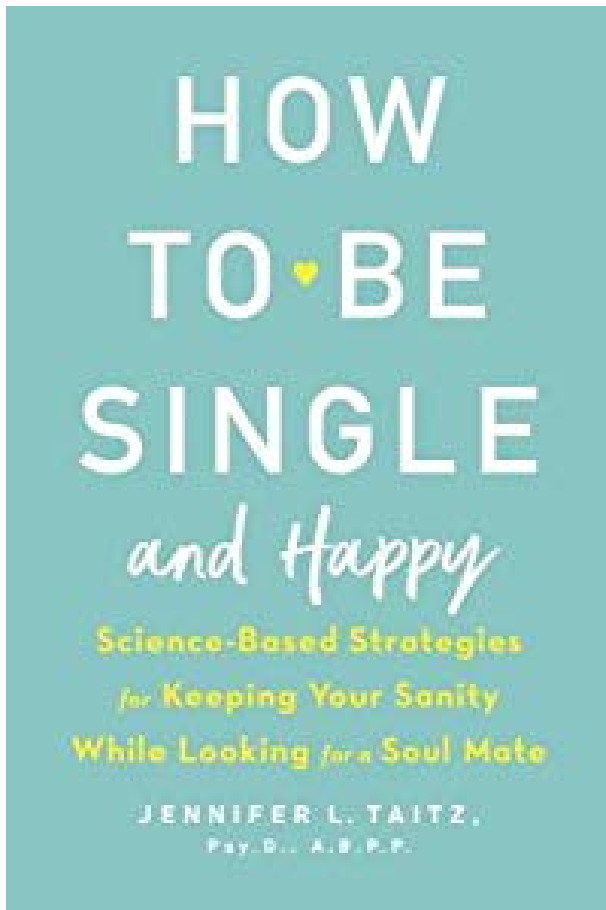


# How to Be Single and Happy: Science-Based Strategies for Keeping Your Sanity While Looking for a Soul

## Mate

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|--------------------------|-------------------------------------|
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| <b>ISBN10:</b>           | 0143130994                          |
| <b>Goodreads Rating:</b> | 4.12                                |
| <b>Published:</b>        | January 16th 2018 by Tarcherperigee |
| <b>Genre:</b>            | Nonfiction                          |
| <b>ISBN13:</b>           | 9780143130994                       |
| <b>Language</b>          | English                             |
| <b>Pages:</b>            | 272                                 |



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[How to Be Single and Happy: Science-Based Strategies for Keeping Your Sanity While Looking for a Soul Mate.epub](#)

Single, stressed, and free If you're tired of swiping through dating apps, ghosting, and hearing well-meaning questions about why you're still single, it's hard not to feel "-than" because you haven't found your soul mate. Until now. How to Be Single and Happy is an empowering, compassionate guide to stop overanalyzing romantic encounters, get over regrets or guilt about past relationships, and identify what you want and need in a partner. But this isn't just another dating book.

Drawing on her extensive expertise as a clinical psychologist, as well as the latest research, hundreds of patient interviews, and key principles in positive psychology, Dr. Jennifer Taitz challenges the most common myths about women and love (like the advice to play hard to get). And while she teaches how to skillfully date, she'll also help you cultivate the mindset, values, and connections that ensure you'll live your best, happiest life, whether single or coupled up.