



# It's Not You: 27 (Wrong) Reasons You're Single

*Sara Eckel*

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**“Why am I still single?”**

If you're single and searching, there's no end to other people's explanations, excuses, and criticism explaining why you haven't found a partner:

“You're too picky. Just find a good-enough guy and you'll be fine.”

“You're too desperate. If men think you need them, they'll run scared.”

“You're too independent. Smart, ambitious women always have a harder time finding mates.”

“You have low self-esteem. You can't love someone else until you've learned to love yourself.”

“You're too needy. You can't be happy in a relationship until you've learned to be happy on your own.”

Based on her popular Modern Love column, Sara Eckel's *It's Not You* challenges these myths, encouraging singletons to stop picking apart their personalities and to start tapping into their own wisdom about who and what is right for them. Supported by the latest psychological and sociological research, as well as interviews with people who have experienced longtime singledom, Eckel creates a strong and empowering argument to understand and accept that there's no one reason why you're single—you just are.

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People live in this new moment of lifestyle always aim to and must have the extra time or they will get great deal of stress from both way of life and work. So , whenever we ask do people have spare time, we will say absolutely indeed. People is human not really a robot. Then we question again, what kind of activity have you got when the spare time coming to you of course your answer will unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative in spending your spare time, the particular book you have read is usually It's Not You: 27 (Wrong) Reasons You're Single.

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