

‘You don’t have to settle’: the joy of living (and dying) alone

Data confirms that more women have begun to realize that there are far worse things than dying alone. CNN reports that there "are more single working women than ever, " and by 2030, "45% of working women aged 25 to 44 in the United States will be single".

More women are **foregoing** marriage and motherhood. This new status quo frustrates men who feel entitled to female companionship, such as angry male "**incels**" ("**involuntary celibates**").

foregoing 前面的; 前述的

incel 非自愿单身

involuntary 无意识的; 非自愿的

celibate 独身的; 禁欲的

While trying to explain the danger of incels to my mother, I was surprised to hear her say, "Well, they’re not entirely wrong." Realizing my horror, she went on to explain that women used to need a man to survive. That led to a lot of bad marriages and **deterred** divorces.

deter 阻止

subversive 颠覆性的; 破坏性的

So I owe a big thank you to my mom. She’s never pressured me to get married. But the main reason I owe her thanks is because she’s never minded going to dinner by herself. Until I grew older I didn’t realize such a small act was actually strangely politically **subversive**.

For so long, society has **perpetuated** the **stigma** that you need someone by your side to be seen as whole. But more women are **dismantling** this stigma. They are finally deciding that being alone isn’t the same as being lonely.

perpetuate 使持续; 使永存

stigma 耻辱; 污名

dismantle 拆除; 取消

That’s not to say women shouldn’t marry and have children. It is to say women should feel empowered to do so, only if they truly want to and with partners who are worthy of them, who champion and nurture their success, not hold them back or drag them down. More women are embracing that message, and that could ultimately do more for women’s equality than any government policy ever will.