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

By Eckel, Sara

Perigee Books, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Praise for It's Not You "In this comforting love letter to single women, journalist Eckel tackles 27 common criticisms trotted out to unmarried ladies of a certain age and sets each of those chestnuts on its ear. Advocating for the women who want to marry but haven't yet found their match, the author picks apart cliché observations such as "you're too picky," "you should have married that guy," "you have low self-esteem," and "you're too desperate," offering sensible responses for when these questions inevitably come up. Eckel sagely points out that "when you stop picking apart your personality and endlessly replaying the game tapes of your previous relationships, you clear a lot of mental space," and she rationally discusses why each of these "truisms" are utterly wrong, funneling many through a Buddhist viewpoint while sharing her adventures with meditation and her own stories about dates gone wrong. Eckel also encourages women to examine what's right with their lives, rather than what's wrong something very difficult to do when society is passing judgment, she acknowledges, but a necessary step nonetheless. A must for any single woman's...



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