

ENJOY YOUR SOLO

HOW TO BE GREAT
AT

Being Single

MARY DELIA ALLEN

An insightful and funny book to inspire singles and to educate non-singles on what solo life is today. There is so much advice, reality TV, romantic movies and marketing targeted to singles about attracting, keeping, and recovering from intimate relationships! However it is expected that you will have times without a romantic partner. This is the solo. It's your opportunity to learn to know yourself and build a life exactly suited to YOU!

This Solo guide will

- o Motive you to know yourself enabling you to create a full solo life
- o Share upbeat and positive ways to view the highs & lows of being single
- o Give practical and actionable advice you can use immediately

Specific topics include

- o Advice on going out and staying in by yourself
- o Strategies for handling your emotions, free time, and standards as a solo
- o Practical tips on finances, friendships, and the functionality of your single life

WARNING

THERE IS NO DATING ADVICE HERE. You are fifty percent of your next relationship, but you are one hundred percent of the relationship with yourself *for the rest of your life* so read this book and ... ENJOY YOUR SOLO.

48% of US Adults are single.

28% of US Households are one person living alone

25% of adults aged 26-41 today report they do not plan to ever marry.

Single status is experiencing a societal shift and reading Enjoy Your Solo provides valuable insights for all readers.

For 20 years luxury event logistics professional, Mary Delia executed and participated in once in a lifetime experiences over and over again.... Super Bowls, the Olympics, MLB All Star games, NCAA Final Fours, political conventions, and vacation tours targeted specifically to single adults. Having engaged with so many thriving singles Mary Delia is committed to evangelizing solo life. She resides in Fort Lauderdale, Florida and Rocky River, Ohio and is available as dynamic in-person and virtual speaker and media personality.

Title: Enjoy Your Solo:
How To Be Great at Being Single
Author: Mary Delia Allen
Pages: 191
Price: \$14.99
Size: 5.5 x 8.5
ISBN: 979-8-9852258-0-8
Available at
Amazon, Apple Books, IngramSpark,
KOBO

