



# Yo soy Single: 1 (Psicología y autoayuda) (Spanish Edition)

*MARIA JOSE BOSCH*

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Uno de los fenómenos más destacables de los últimos años es el incremento del número de personas que viven solas y que constituyen una nueva categoría social. Es lo que se llama la condición single, término inglés que significa soltero, único o singular. Una expresión que nació como la descripción de un colectivo, pero que se está convirtiendo en una auténtica seña de identidad a la par que la evidencia de un cambio sociológico de gran calado. Personas solteras de muy variada edad, divorciadas o viudas, independientemente de que hayan elegido o no esa condición de singles, lo cierto es que disfrutan y ponen en valor esa condición de un modo muy diferente a como ocurría solamente unos años atrás. Intensas relaciones sociales, actividades culturales, viajes o fiestas y reuniones, configuran un marco común en que se desenvuelven los singles dado también el elevado porcentaje de ellos que gozan de un buen nivel económico y cultural. Sin embargo, muchos de ellos, si bien disfrutando de su condición sin culpa ni reproches, aspiran a una relación de pareja enriquecedora y duradera. Este libro ofrece una mirada a las condiciones vitales positivas y de bienestar de los singles pero, a su vez, aborda las razones del por qué de esa soledad cuando no es querida y ofrece numerosos consejos valiosos y útiles para dejar de serlo.

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