

'Trailblazing' Vanity Fair

Going Solo

The Extraordinary Rise and
Surprising Appeal of Living Alone

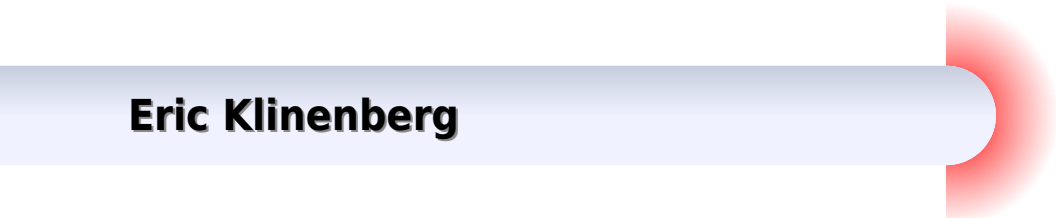
Eric Klinenberg



SEXWORTH
OVERLODGE

Going Solo Eric Klinenberg

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Going Solo Eric Klinenberg, 2012-02-02 With eye opening statistics original data and vivid portraits of people who live alone renowned sociologist Eric Klinenberg upends conventional wisdom to deliver the definitive take on how the rise of going solo is transforming the American experience Klinenberg shows that most single dwellers whether in their twenties or eighties are deeply engaged in social and civic life There s even evidence that people who live alone enjoy better mental health and have more environmentally sustainable lifestyles Drawing on more than three hundred in depth interviews Klinenberg presents a revelatory examination of the most significant demographic shift since the baby boom and offers surprising insights on the benefits of this epochal change [Going Solo](#) Eric Klinenberg, 2013-01-01 A revelatory examination of the sharp increase in people who live alone and its surprising benefits [Cooking Solo](#) Klancy Miller, 2016-03-08 A single person s guide to cooking without compromise This cookbook reframes cooking which can seem like a chore as a form of self care Library Journal At a time when 31 million American adults live alone Klancy Miller is here to show that cooking for one is something to embrace While making single servings from other cookbooks means scaling down ingredients adjusting cooking times or being stuck with leftovers Cooking Solo gives readers just what they need to make a delicious meal all for themselves Among the few other cooking for one books this is the first by a hip young woman whose vibrance and enthusiasm for cooking for herself comes through in the 100 attractive recipes like Tahitian Noodle Sandwich Smoked Duck Breast Salad Spicy Pork Burger with Coconut and Mackerel with Lemon and Capers Klancy also includes a chapter on entertaining at home because being single still means having fun with friends This is a smart fun user friendly cookbook with great recipes for solo cooks I love that Klancy encourages people to find their groove cooking for one and that she believes in sharing that same pleasure and delicious food with others Marcus Samuelsson award winning chef owner of Red Rooster Harlem and Uptown Brasserie Taking inspiration from her travels family and day to day life Klancy Miller has created a wonderful collection of recipes that will surely inspire you to prepare meals for yourself at home Cooking for oneself is more rewarding than ever with this book open on your counter Julia Turshen author of Now Again Go To Recipes Inspired Menus Endless Ideas for Reinventing Leftovers [The Lonely Century](#) Noreena Hertz, 2021-02-02 A bold hopeful and thought provoking account by one of the world s leading thinkers The Observer of how we built a lonely world how the pandemic accelerated the problem and what we must do to come together again A compelling vision for how we can bridge our many divides at this time of great change and disruption Arianna Huffington founder and CEO of Thrive Global An important new book The Economist NEXT BIG IDEA CLUB NOMINEE NAMED ONE OF THE BEST BOOKS OF THE YEAR BY WIRED UK AND THE DAILY TELEGRAPH Loneliness has become the defining condition of the twenty first century It is damaging our health our wealth and our happiness and even threatening our democracy Never has it been more pervasive or more widespread but never has there been more that we can do about it Even before a global pandemic introduced us to

terms like social distancing the fabric of community was unraveling and our personal relationships were under threat And technology isn't the sole culprit Equally to blame are the dismantling of civic institutions the radical reorganization of the workplace the mass migration to cities and decades of neoliberal policies that have placed self interest above the collective good This is not merely a mental health crisis Loneliness increases our risk of heart disease cancer and dementia Statistically it's as bad for our health as smoking fifteen cigarettes a day It's also an economic crisis costing us billions annually And it's a political crisis as feelings of marginalization fuel divisiveness and extremism around the world But it's also a crisis we have the power to solve Combining a decade of research with firsthand reporting Noreena Hertz takes us from a how to read a face class at an Ivy League university to isolated remote workers in London during lockdown from renting a friend in Manhattan to nursing home residents knitting bonnets for their robot caregivers in Japan Offering bold solutions ranging from compassionate AI to innovative models for urban living to new ways of reinvigorating our neighborhoods and reconciling our differences The Lonely Century offers a hopeful and empowering vision for how to heal our fractured communities and restore connection in our lives

The Love Jones Cohort Kris Marsh, 2023-02-09 This book provides a structural understanding of how identities of race class gender and singleness reconfigure the Black middle class

Alonement Francesca Specter, 2021-03-04 A Sunday Times Book of the Year A hugely generous and thoughtful book which reminds us of the distinction between loneliness on the one hand and solitude on the other and emphasises the dignity and adventure of a life lived on one's own terms ALAIN DE BOTTON A kind wise celebration of solo living a joyous invitation to make your own declaration of independence DAISY BUCHANAN Thoughtful and thought provoking it made me genuinely excited about spending time in my own company FELICITY CLOAKE How to be alone and absolutely own it by founder of the Alonement blog and podcast Francesca Specter Being alone has a serious branding issue We've only ever had negative language to talk about flying solo but what about when time spent alone is restorative and joyful What if it's something you crave What if it's even just an hour you've carved out for yourself in the middle of a hectic week Enter Alonement Francesca Specter's empowering new word to express valuing your own company and dedicating quality time to yourself whoever you are and whatever your relationship status Between shared homes social plans and smartphone addictions most of us don't know how to be alone yet our life long relationship with ourselves is the most important one we'll ever have A reformed extreme extrovert who struggled to spend even an hour on her own Francesca made the resolution in January 2019 to improve her solitude skills A year later facing months of lockdown as a household of one she valued those skills more than ever and began sharing her wisdom with others on how to cherish time alone Packed with practical tips insights from key experts and lessons from guests of the Alonement podcast including Alain de Botton Florence Given Konnie Huq Vick Hope and Camilla Thurlow Francesca reveals how we can all thrive alone whatever our circumstances and harness the untapped power of some meaningful time with me myself and I

Better than One Valeriia Chornobai, Viktoriia Hrytsenko, 2023-10-31

In the beginning God declared that it was not good for human beings to be alone Yet the ache of loneliness is rampant in our societies knowing no boundaries of age sex geography culture or religion This book offers the reader a robust theological understanding of loneliness as a multifaceted phenomenon impacting the lives of believers It identifies five different types of loneliness emotional social cultural existential and spiritual and illustrates each type through wellknown biblical narratives exploring what each narrative reveals about the relational nature of God and the humans created in his likeness Yet beyond a theological framework this book also provides practical and effective strategies for understanding and combating loneliness in the contexts of our contemporary lives It pays particular attention to the historic and contemporary challenges of singleness and celibacy especially as experienced in collectivist cultures and evangelical contexts Chornobai and Hrytsenko aim to equip all those suffering from loneliness as well as those walking alongside them whether pastors counselors or social workers to better understand the inner and outer factors impacting their experience and to find more effective strategies for coping and thriving

Reconnected Andrew Leigh, Nick Terrell, 2020-09-29 We're all in this together Strong social connections make communities more resilient But today Australians have fewer close friends and local connections than in the past and more of us say we have no one to turn to in tough times How can we turn this trend around In *Reconnected* Andrew Leigh and Nick Terrell look at some of the most successful community organisations and initiatives from conversation groups to community gardens from parkrun to Pub Choir to discover what really works They explore ways to encourage philanthropy and volunteering describe how technology can be used effectively and introduce us to remarkable and inspirational leaders *Reconnected* is an essential guide for anyone interested in strengthening social ties *Reconnected* offers practical ideas told through engaging stories of successful community builders about how to build a more connected Australia Robert D Putnam Professor of Public Policy at Harvard University and author of *Bowling Alone* and *The Upswing* This inspiring collection of strategies and stories brings hope for the future *Reconnected* shows that we are the revolution Dr Catherine Barrett founder of The Kindness Pandemic

Bored, Lonely, Angry, Stupid Luke Fernandez, Susan J. Matt, 2020-07-07 An Entrepreneur Best Book of the Year Facebook makes us lonely Selfies breed narcissism On Twitter hostility reigns Pundits and psychologists warn that digital technologies substantially alter our emotional states but in this lively investigation of changing feelings about technology we learn that the gadgets we use don't just affect how we feel they can profoundly change our sense of self When we say we're bored we don't mean the same thing as a Victorian dandy Could it be that political punditry has helped shape a new kind of anger Luke Fernandez and Susan Matt take us back in time to consider how our feelings of loneliness boredom vanity and anger have evolved in tandem with new technologies Technologies have been shaping our emotional culture for more than a century argue computer scientist Luke Fernandez and historian Susan Matt in this original study Marshalling archival sources and interviews they trace how norms surrounding loneliness have shifted with technological change Nature A powerful story of how new forms of technology are continually

integrated into the human experience Publishers Weekly **A Better Story** Glynn Harrison,2017-01-19 The architects of the sexual revolution won over the popular imagination because they knew the power of story They drew together radical new ideologies often complex and hard to grasp and melded them into the simpler structure of narrative Crucially they cast narratives that appealed to the moral instincts of ordinary decent people This moral vision overwhelmed the church and silenced its faltering apologists The author argues that if Christians still believe they have have good news in the sphere of sexual ethics then two big tasks lie ahead Our first priority is to work out what has gone so badly wrong both in our understanding and application of what the Bible teaches and the way we have presented our case to the non churchd And then we must offer a better story one that fires the imagination with such force that people will say I want that to be true This book offers a confident biblically rooted moral vision which needs to be shared with prayer and courage **The 52 Weeks** Karen Amster-Young,Pam Godwin,2013-11-05 Edging into forty something Karen and Pam found themselves in a state of stuck They had checked off many of their major life goals career husband children friends but they d lost momentum After griping over drinks one night they came up with a plan to face their fears rediscover their interests try new things and renew their relationships They challenged themselves to try one new thing every week for a year from test driving a Maserati to target practice at a shooting range to ballroom dance lessons and to blog about their journeys They quickly realized it was harder than they ever imagined but came through it with a sense of clarity and purpose that has them itching to share the possibilities with the millions of middle aged women out there who feel the same way about one or many areas of their lives Getting unstuck doesn t have to mean running a marathon traveling the world or ending a relationship with your partner Through their experiences and a good dose of no nonsense advice Karen and Pam show readers how achieving small goals can give you a renewed sense of accomplishment and how you can keep growing learning and moving forward at any age Interspersed with personal stories is expert advice from doctors psychiatrists artists and even a poker diva who also happens to be a Fortune 500 executive **Know Your Worth** Victoria Vivente,2024-12-31 A personal finance title like no other designed for total newbies and with the goal of helping you feel less ashamed about your attitudes around money Know Your Worth is a very accessible guide to help you sort through the emotional baggage that s holding you back from financial expert Victoria Vivente Learn how to Start financially coaching yourself without blame Write a budget that doesn t suck Tackle debt and start understanding what superannuation actually is No matter what stage you re at on your money journey Know Your Worth will help you heal your relationship with money for good **After "Happily Ever After"** Maria San Filippo,2021-05-18 This volume is intended for all readers with an interest in film media and gender studies 'Til Faith Do Us Part Naomi Schaefer Riley,2013-04-11 Naomi Schaefer Riley offers a compelling look at the struggles of interfaith marriages in the United States Going Public Arlene Stein,Jessie Daniels,2017-02-21 At a time when policy discussions are dominated by I feel instead of I know it is more important than ever for social scientists to make themselves heard When

those who possess in depth training and expertise are excluded from public debates about pressing social issues such as climate change the prison system or healthcare vested interests can sway public opinion in uninformed ways Yet few graduate students researchers or faculty know how to do this kind of work or feel empowered to do it While there has been an increasing call for social scientists to engage more broadly with the public concrete advice for starting the conversation has been in short supply Arlene Stein and Jessie Daniels seek to change this with *Going Public* the first guide that truly explains how to be a public scholar They offer guidance on writing beyond the academy including how to get started with op eds and articles and later how to write books that appeal to general audiences They then turn to the digital realm with strategies for successfully building an online presence cultivating an audience and navigating the unique challenges of digital world They also address some of the challenges facing those who go public including the pervasive view that anything less than scholarly writing isn't serious and the stigma that one's work might be dubbed journalistic *Going Public* shows that by connecting with experts policymakers journalists and laypeople social scientists can actually make their own work stronger And by learning to effectively add their voices to the conversation researchers can help make sure that their knowledge is truly heard above the digital din

A Philosophy of Loneliness Lars Svendsen, 2017-03-15 For many of us it is the ultimate fear to die alone Loneliness is a difficult subject to address because it has such negative connotations in our intensely social world But the truth is that wherever there are people there is loneliness You can be lonely sitting in the quiet of your home in the still of an afternoon park or even when surrounded by throngs of people on a busy street One need only turn on the radio to hear a crooner telling us just how lonesome we can be In this groundbreaking book philosopher Lars Svendsen confronts loneliness head on investigating both the negative and positive sides of this most human of emotions Drawing on the latest research in philosophy psychology and the social sciences *A Philosophy of Loneliness* explores the different kinds of loneliness and examines the psychological and social characteristics that dispose people to them Svendsen looks at the importance of friendship and love and he examines how loneliness can impact our quality of life and affect our physical and mental health In a provocative move he also argues that the main problem in our modern society is not that we have too much loneliness but rather too little solitude and he looks to those moments when our loneliness can actually tell us profound things about ourselves and our place in the world The result is a fascinating book about a complex and deeply meaningful part of our very being

Why We Can't Sleep Ada Calhoun, 2020-01-07 The acclaimed author explores the hidden crises of Gen X women in this engaging hybrid of first person confession reportage and pop culture analysis *The New Republic* Ada Calhoun was married with children and a good career and yet she was miserable She thought she had no right to complain until she realized how many other Generation X women felt the same way What could be behind this troubling trend To find out Calhoun delved into housing costs HR trends credit card debt averages and divorce data At every turn she saw that Gen X women were facing new problems as they entered middle age problems that were being largely overlooked

Calhoun spoke with women across America who were part of the generation raised to have it all. She found that most were exhausted, terrified about money, underemployed and overwhelmed. And instead of being heard, they were being told to lean in, take more time or make a chore chart to get their lives and homes in order. In *Why We Can't Sleep*, Calhoun opens up the cultural and political contexts of Gen X's predicament. She offers practical advice on how to ourselves out of the abyss and keep the next generation of women from falling in. The result is reassuring, empowering and essential reading for all middle-aged women and anyone who hopes to understand them. — *Our New Social Life* Natalie K. Lawrence, Natalie Kerr, Jaime Kurtz, 2025

A fascinating introduction to the science of connection that will ultimately improve your social life and lead to better relationships. In a world where everything seems to transform in a blink, anyone can suddenly find themselves scrambling for human connection. Someone who has always found it easy to connect can suddenly feel disoriented if they start a new job, move to a new region or welcome a new member into the family. Others may have always found it difficult to connect, feel they've outgrown their circles or may feel dissatisfied for a range of other reasons. In *Our New Social Life*, social connection and happiness experts Natalie Kerr and Jaime Kurtz explain the science behind these struggles and steer us toward timeless skills to overcome these challenges. Unlike much of the guidance found online, this book is based on decades of research which the authors make accessible and useful to the reader and offers tools for introverts and extraverts alike. Whether the barriers to connection are a function of modern life such as being distracted by our devices, feeling overworked and living far away from loved ones or are more timeless such as simply not knowing how to connect, misunderstanding the thoughts and feelings of others, undervaluing moments of solitude and avoiding the sort of vulnerability that creates deep bonds, this book offers hope, encouragement and relatability to help readers have a richer and more vibrant social life. — **The Secret Lives of Introverts** Jenn Granneman, 2017-08-01

An introvert guide and manifesto for all the quiet ones and the people who love them. Is there a hidden part of you that no one else sees? Do you have a vivid inner world of thoughts and emotions that your peers and loved ones can't seem to access? Have you ever been told you're too quiet, shy, boring or awkward? Are your habits and comfort zones questioned by a society that doesn't seem to get the real you? If so, you might be an introvert. On behalf of those who have long been misunderstood, rejected or ignored, fellow introvert Jenn Granneman writes a compassionate vindication, exploring, discovering and celebrating the secret inner world of introverts that only until recently has begun to peek out and emerge into the larger social narrative. Drawing from scientific research, in-depth interviews with experts and other introverts and her personal story, Granneman reveals the clockwork behind the introvert's mind and why so many people get it wrong initially. Whether you are a bona fide introvert, an extrovert anxious to learn how we tick or a curious ambivert, these revelations will answer the questions you've always had: What's going on when introverts go quiet? What do introvert lovers need to flourish in a relationship? How can introverts find their own brand of fulfillment in the workplace? Do introverts really have a lot to say and how do we draw it out? How can introverts mine their rich inner

worlds of creativity and insight Why might introverts party on a Friday night but stay home alone all Saturday How can introverts speak out to defend their needs With other myths debunked and truths revealed *The Secret Lives of Introverts* is an empowering manifesto that guides you toward owning your introversion by working with your nature rather than against it in a world where you deserve to be heard

The Lonely Hunter Aimée Lutkin, 2022-02-08 When can we say we'll be single forever and that's okay One woman questions our society's pathologizing of loneliness in this crackling incisive blend of memoir and cultural reporting *The Lonely Hunter* challenged everything I assumed about the nature of loneliness and what it means to lead an authentic life Doree Shafrir author of *Thanks for Waiting* and *Startup A Novel* ONE OF THE BEST BOOKS OF THE YEAR *Cosmopolitan* One evening thirtysomething writer Aimée Lutkin found herself at a dinner party surrounded by couples When the conversation turned to her love life Lutkin stated simply I don't really know if I'm going to date anyone ever again Some people are just alone forever Her friends rushed to assure her that love comes when you least expect it and to make recommendations for new dating apps But Lutkin wondered Why when there are more unmarried adults than ever before is there so much pressure to couple up Why does everyone treat me as though my real life won't start until I find a partner Isn't this my real life the one I'm living right now Is there something wrong with me or is there something wrong with our culture Over the course of the next year Lutkin set out to answer these questions and to see if there really was some trick to escaping loneliness She went on hundreds of dates read the sociologists authors and relationship experts exploring singlehood and loneliness dove into the wellness industrial complex tossed it all aside to binge watch Netflix and eat nachos and probed the capitalist structures that make alternative family arrangements nearly impossible Chock full of razor sharp observations and poignant moments of vulnerability *The Lonely Hunter* is a stirring account of one woman's experience of being alone and a revealing exposé of our culture's deep biases against the uncoupled Blazingly smart insightful and full of heart this is a book for anyone determined to make follow and break their own rules

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