



Kiss Me, I'm Single: An Ode to the Solo Life

Amanda Ford

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Note: This is NOT a book for single women on how to find a man; it is a guide for women who want to find their truest selves and celebrate them. As the author of the daily meditation book for teenage girls, *Be True to Yourself*, Amanda Ford's message of fierce individuality and even stronger identity has grown up with her audience. In her new book *Kiss Me, I'm Single*, Ford exhorts single women not to get lost in the pressure to be in a relationship (single women's mantra: Any relationship will do!) and not to lose themselves in a relationship. The bottom line is that the most important relationship they can have is with themselves.

True love is an inside job and begins with you. It is a basic fact of life that in order to be truly happy and fulfilled with another person, you must be truly happy and fulfilled on your own first. A good relationship can enhance life for sure, but it cannot take what is just "okay" and turn it into perfect. In *Kiss Me, I'm Single*, Amanda Ford urges readers: "Get off your derrieres and get to work on yourself. Go inward and be relentless in your search. Discover what is in you that you must do in order to bring joy into your own life."

Refreshingly honest, ruefully witty and wise, Ford has also dug deep down and done the work she recommends. From her soul-searching sojourn, Amanda Ford brings back news that will empower all young women: "Love has nothing to do with another person; it is a condition of your own heart."

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