



Singlism: What It Is, Why It Matters, and How to Stop It

By Bella DePaulo PhD

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The widespread stereotyping and discrimination against people who are single has long gone unrecognized, unnamed, and unchallenged. Bella DePaulo, Ph.D., calls it SINGLISM. In this collection, she defines singlism and shows where it is lurking in the workplace, the marketplace, and the media, in advertising, religion, and pseudoscience, in our universities and professional societies, in laws and policies, and in our everyday lives. Dr. DePaulo takes on the issue of why singlism persists – often without apology or even awareness – at a time when so many other isms are considered shameful. Drawing from social science research, she also explains why the simple statement, “I am happy,” when uttered by a person who is single, can elicit paroxysms of hostility, denial, and scorn. "Singlism: What It Is, Why It Matters, and How to Stop It" also includes contributions from a wide range of authors, experts, activists, and cutting-edge thinkers. They share their understandings of singlism and their stories of standing up to it, and they inspire us all to live our lives fully and joyfully. The book also includes a section on singlism’s cousin – the stereotyping and stigmatizing of adults with no children. Contributors to "SINGLISM" 1. Lisa A., Ph.D. 2. Rev. Mark Almlie 3. Gina Barreca, Ph.D. 4. Steven Bereznai 5. Wendy Braitman 6. Rachel Buddeberg 7. Christina Campbell 8. Thomas F. Coleman, J. D. 9. “Crimson” 10. Karen Foster 11. Page Gardner 12. Rajiv Garg 13. Jaclyn Geller, Ph.D. 14. Nicky Grist 15. Jeanine 16. Rachel F. Moran, J.D. 17. Wendy L. Morris, Ph.D. 18. Yasmin Nair 19. Monica Pignotti, Ph.D. 20. Psyngle 21. Rev. Ann Schranz 22. Singlutionary 23. Rachel Stone 24. E. Kay Trimberger, Ph.D. 25. John Ullman 26. Helen W. 27. Wendy Wasson, Ph.D. 28. Eleanore Wells

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Editorial Review

About the Author

Bella DePaulo (PhD, Harvard) is the author of *Singled Out: How Singles Are Stereotyped, Stigmatized, and Ignored, and Still Live Happily Ever After* and of *Single with Attitude: Not Your Typical Take on Health and Happiness, Love and Money, Marriage and Friendship*. She has been a Visiting Professor of Psychology at the University of California, Santa Barbara since the summer of 2000. Dr. DePaulo writes the *Living Single* blog for *Psychology Today*, and is also a contributor to the *Huffington Post*. Her op-ed essays have appeared in papers such as the *New York Times*, the *San Francisco Chronicle*, *Forbes*, and the *Chronicle of Higher Education*. Bella DePaulo has discussed the place of singles in society on NPR, CNN, and many other media outlets, and her work has been described in newspapers (such as the *New York Times* and the *Washington Post*) and magazines (such as *Time* and *Business Week*). DePaulo also studies the social psychology of deception, and has provided expert analysis of the topic for the *Today* show and other network news shows. More information about her background, her books, and her contact information, together with her *All Things Single (and More)* blog, can be found at her website, www.BellaDePaulo.com. Bella DePaulo has always been single and she is living happily ever after in the lovely little beach community of Summerland, California.

Users Review

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Kenneth Kelly:

Here thing why this Singlism: What It Is, Why It Matters, and How to Stop It are different and reliable to be yours. First of all looking at a book is good however it depends in the content than it which is the content is as scrumptious as food or not. Singlism: What It Is, Why It Matters, and How to Stop It giving you information deeper and different ways, you can find any guide out there but there is no reserve that similar with Singlism: What It Is, Why It Matters, and How to Stop It. It gives you thrill reading journey, its open up your own eyes about the thing which happened in the world which is maybe can be happened around you. You can actually bring everywhere like in park, café, or even in your approach home by train. Should you be having difficulties in bringing the paper book maybe the form of Singlism: What It Is, Why It Matters, and How to Stop It in e-book can be your option.

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Tammy Dorris:

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Charles Parker:

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