



Single and Free To Be Me

Dr. Clarence Shuler

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In his latest book, *Single and Free to Be Me*, Dr. Clarence Shuler gives male and female singles of all ages practical and biblical tools on how to navigate the many phases of singlehood, from the art of flying solo and some of its struggles to learning how to deal with relationships with the opposite sex, all the way to preparing for marriage while still single. *Single and Free to Be Me* is a handy companion for anyone at any phase of singlehood. "Most books focus on a particular aspect of singlehood like dating or finding the One," says Dr. Clarence Shuler. "But, singlehood has different cycles like discovering who you are, feeling lonely, healing a broken heart, dealing with the pressure to date or marry, learning how to have healthy relationships with the opposite sex and for some, discerning a potential marriage partner." Adding to the book's research, singles' personal accounts and biblical examples, Dr. Shuler opens up about his own struggles shared by many singles including yearning for marriage, pornography, masturbation, rejection, and other issues. His more than 30 years of counseling singles and married couples as well as his nearly 30 years of marriage provide relevant insight and principles that will help many singles find freedom from society's and self-imposed pressures. Included is a personal workbook, which is less expensive than buying two separate resources.

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