

Coasters 101: An Engineer's Guide to Roller Coaster Design

This article was co-authored by Amy Chan and by wikiHow staff writer, Amy Bobinger . Amy Chan is a Relationship Coach and the Founder of Renew Breakup Bootcamp, a retreat that takes a scientific and spiritual approach to healing after the end of a relationship. Her team of psychologists and coaches has helped hundreds of individuals in just five years of operation, and the Bootcamp has been featured on CNN, Vogue, the New York Times, and Fortune. She has published a book on her work, Breakup Bootcamp. This article has been viewed 151,982 times.

Article Summary

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To be happily single, focus on the positives, like having more time to pursue hobbies, being able to spend more time with family and friends, and being able to decorate your home however you want. Being single can be scary because there are so many unknowns, but try thinking of these unknowns as possibilities for exciting opportunities or for new, fulfilling relationships. It's easier to look on the bright side when the people around you don't make you feel bad about being single, so cultivating friendships with other single people can be a good idea. To learn some other benefits of being single, scroll down!

Reference

[Project Management for Engineering, Business and Technology](#)

[Reverse Engineering: Mechanisms, Structures, Systems & Materials](#)