

# Former 'Bachelorette' Emily Maynard Says There's No Pressure to Find a Guy



By April Littleton

According to [People](#), Emily Maynard is in no rush to find love again. The former *Bachelorette* star got engaged twice on TV. Her first engagement to Brad Womack ended in 2011 and her most recent relationship with Jeff Holm ended last October. "Right now, I am under no pressure to find a guy," Maynard told the [Huffington Post](#).

**What are three main positives about living the single life?**

**Cupid's Advice:**

Everyone loves to have a special someone to spend lonely nights with, but it's not the end of the world when you find yourself to be "alone." After the end of a relationship, every

person needs time to regroup and enjoy the single life for awhile. While you're spending some time going solo, it's important to look on the positive side of things. Cupid has some advice:

**1. Less stress:** Relationships are stressful and can cause you to feel mentally, spiritually and physically exhausted. When you're single, you can enjoy time alone, hang out with close friends and stay out as long as you want without having to worry about telling another person your whereabouts.

**2. More time for yourself:** A lot of couples lose sight of who they are as individuals because they get too wrapped up in each other. Flying solo means you have more time to do what you want to do. You can pick up new hobbies or get back to some of your old ones. Instead of moping around the house, take all of the extra time you have to develop some new skills and interests. Take a cooking class, finish reading that book you never managed to finish while you were dating your ex or pamper yourself with a day at the spa.

**3. Friends:** People in love tend to forget about their friends throughout their relationship. Once you're back on the market, get some of your friends together for a night out and get reacquainted with each other. You may have momentarily forgotten about them, but they have always been there for you and it's guaranteed they'll help you get over your recent heartbreak.

**What are some other positives about the single life? Comment below.**