

# Defying the Traditional Norms of Marriage; A Reading on Sophie Tanner's 'Reader, I Married Me!'

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## **Abstract**

The paper entitled Defying the Traditional Norms of Marriage; A Reading on Sophie Tanner's 'Reader, I Married Me!' explore the themes of sologamy and self commitment. The practice of sologamy, or marrying oneself, is a modern phenomenon that questions conventional ideas of marriage and self-identity. In this abstract, notable proponent and practitioner of sologamy Sophie Tanner's book "Reader, I Married Me" is examined. The research examines the cultural, sociological, and psychological ramifications of Tanner's book's discussion of the idea of sologamy. This project's main goal is to present a thorough understanding of sologamy as a new trend within the context of self-expression, self-love, and individual empowerment. The project explores the reasoning behind someone choosing to commit to themselves through a marriage ceremony through a close reading of "Reader, I Married Me," exploring themes of self-discovery, autonomy, and altering social standards. The focus of the analysis is on Chloe's story, which is examined in the context of sologamy within historical and cultural frameworks. The study clarifies the different societal elements that influence the popularity of sologamy and the discussions it sparks about self-worth, relationships, and personal fulfilment by critically evaluating the book's content. The initiative also looks into sologamy's psychological aspects, taking into account any possible effects on happiness, emotional health, and self-worth. The investigation also covers how sologamy is perceived in society, including the support and opposition it receives as well as the discussions it prompts about individualism and the changing dynamics of commitment. This project explores the social consequences of sologamy in addition to its individualistic aspects. It investigates the connections between sologamy and more general discussions of self-identity within the context of ties to others, friendships, and community service. By doing this, the study illuminates how sologamy redefines both the institution of marriage and the idea of belonging. An insightful comprehension of the sologamy phenomenon can be gained through the analysis of Sophie Tanner's "Reader, I Married Me" The study contributes to a thorough investigation of how sologamy challenges and reshapes conventional concepts of love, commitment, and self-worth by examining its cultural, psychological, and philosophical bases. Insights from this project offer useful perspectives on the changing environments of intimacy and personal development as society struggles to deal with the complexity of contemporary relationships and individual goals. In summary, this project offers a thorough examination of solo marriage through the prism of Sophie Tanner's "Reader, I Married Me." The study contributes to a greater understanding of how unusual practices like sologamy undermine established paradigms of relationships and selfhood by analysing the book's themes, motivations, and social ramifications, to provide insightful viewpoints on the developing nature of human ties as society continues to navigate shifting conceptions of love, identity, and commitment and marriage.

**Keywords:** Sologamy, Marriage, Self-love

## Chapter – 1

### INTRODUCTION

Human life is constantly related with each other in many ways. They cannot live without the help and co-operation of one another, which undoubtedly give humans the title ‘social being’. Humans are bound with the chains of both societal and familial relations which they cannot escape. In one way or the other, humans always end up with some kind of groups whether that’s a friendship or any other relations which is considered to be the most conventional and ‘normal’ way of living. However, as the society and life style are constantly evolving, humans and their relation with the outer world is also changing gradually. People now are more aware and specific about what they want, thereby create a boundary of their own. Humans, therefore, has changed the conventional way of thinking and living. There was a time when humans were constantly worried about being loved by others. They always wanted to be a part of someone else’s life no matter what they were going through. However, all these has took a different turn when the modern human especially women started to preach about self-love and putting oneself first before anything and everything. Self-love is the practice of valuing, accepting and nurturing oneself. It involves developing a positive and compassionate relationship with yourself, acknowledging your worth, and prioritizing your well-being. Self-love helps in maintaining good mental health, building self-confidence, and cultivating healthy relationship with others. Even though self-love and self-care has always been a debated topic, many still believe that putting oneself first is the beginning of all growths. The exploration of self-love as a topic of literary discussion dates back to ancient time. While, it may not have been labelled as self-love, but the themes like self-acceptance and self-worth have been a part of literary history. For instance, Greek philosopher Aristotle examined self-love as one of the greatest virtues, whereas, Plato discussed about self-knowledge and how it moulds oneself, other than ancient literature, renaissance and romantic literature elaborated about self-love. When one search deep about the relation between self-love and literature, they would probably end up on the most famous quote by Oscar Wilde; “To love oneself is the beginning of a lifelong romance”, which in itself concludes the idea of self-acceptance. The extensive and profound study of contemporary literature proffer the evidence of self-care and self-love. Early in the 2010s, "sologamy" began to acquire popularity. Some people started exploring the idea of committing to themselves in a similar fashion to how they may commit to a partner in a traditional marriage as the self-help and self-love movements gained popularity. Sologamy attracted media interest and was a topic of conversation as social media and online platforms gained popularity. People began to discuss their sologamy rituals, where they would invite friends and relatives to celebrate their self-commitment.

The history of sologamy dates back to 1993 when an American woman Linda Baker married herself in an elaborate ceremony. Even though she faced a number of criticisms, she was unapologetic about what she did by quoting, “it’s about doing things for yourself and not waiting around for someone else to make it happen”. Sologamy is not only about marrying oneself, but accepting oneself wholeheartedly. Linda Barker is not the only person who chose sologamy to traditional marriage. Recently a Gujarati woman named Kshama Bindu has become an internet sensation for choosing autogamy, which defied all Indian traditional and cultural barriers. Although a lot of people came forward opposing her decision, 24-year-old Kshama became her own better half in a ritualistic wedding ceremony. She confidently chose herself as her groom and share her beautiful wedding moments in social media platforms, which made people

rethink about all the dos and don'ts constructed by the society in order to control every other individual. Kshama being a strong and independent woman showed the world what accepting and loving oneself looks like. The story of Kshama attracted media attention as a remarkable illustration of the rising sologamy trend. This phenomenon involves a person being married to themselves as a sign of independence, self-love, and devotion to their own needs. Kshama's choice to wed herself shows her willingness to put herself first without depending on a conventional relationship. Her decision is consistent with the greater social trend toward individuality and self-determination. Kshama violates social standards regarding marriage and relationships by openly celebrating her self-marriage. This action is a declaration that a fulfilling life requires both self-love and self-care. Her self-marriage serves as an original and thought-provoking illustration of how relationships and personal identity are evolving. It encourages us to reconsider how we define commitment, happiness, and fulfilment in the contemporary world by highlighting the significance of self-love and the journey towards self-discovery. Erika Anderson is yet another example that cannot be forgotten when talking about sologamy. Erika Anderson is a well-established performance artist who unapologetically spread the idea self-empowerment and self-love, that later led her to marry herself in a ceremony in 2017. Each one of them were true to themselves when the whole world turned their back on their ideologies. Even in the present century, people are always concerned about what others are doing and whether it fits the societal standards. Most of them are not even bothered to do things that they want, as they pay more attention to "what other people will think" which gradually leads to self-destruction. Societies take a "wait and see" stance when it comes to new ideas. Before fully incorporating these concepts into their own systems, they observe how they function in various settings. A society's reaction to novel ideas can be strongly influenced by regional variances and cultural norms. Due to different values and traditions, what may be accepted in one culture may be rejected in another. Sophie Tanner's one of the famous publications, *'Reader, I married me'* is a famous example of a fiction that highlights about self-love puts forth such a new idea that it took a while for people to understand. Tanner is best known as a Sologamist, who married herself in 2015 in order to prove herself and the world that self-love is not a joke. Being a strong admirer of literature and eternally curious about human behaviour, Tanner studied extensively about human psyche and individual existence. *Reader, I married me* is Tanner's first novel is a light-hearted subversive tale that delves into a young woman's life and all the ball game which finally led her to choose herself over any other person as her forever partner. For Tanner, sologamy is an escape from all the so-called societal rules and norms, and not a hatred towards men. Even though many readers misinterpret her idea of sologamy as a hatred towards men, but in reality, Tanner through her book is just trying to emphasise the importance of loving oneself. Sophie Tanner being a sologamist, through her book illustrates all the dangerous side of marrying someone else when you cannot accept yourself. Instead of tying knot with a groom, the protagonist chooses to marry herself before finding a perfect partner for her. After her constant love failures and heart breaks, she puts an end to dating and announces herself to be her life time partner on her social media handle, which later split the social media into two. Even though she faced a number of criticisms, she went on with her plans and happily married herself in an extravagant wedding ceremony. Apart from just being a sologamist, Tanner has contributed a different dimension of writing in literature. Sophie Tanner gives a representation to women out there who are heart broken, unlucky in love or who does not want their heart to be broken by someone else. She asks each one of them to love themselves instead of waiting for someone else to come and embrace them. For Tanner, embracing oneself and ones' inner soul is the beginning of all kind of changes. The protagonist in her semi-autobiographical novel finally accepts herself after going through a number

of terrible heart-breaks and dramas. She is an image of the writer herself, who consciously flouts the usual standards in order to make herself the groom of her dreams. First, she questions the notion that marriage is inherently a union of two people. In sologamy, the individual marries themselves rather than another person. This can be interpreted as a rejection of the conventional notion that marriage is about finding someone to complete you. Second, it calls into question the notion that marriage is required for happiness. It is commonly considered in traditional marriage that people must be married in order to be happy. Sologamy demonstrates that this is not always the case. People can be completely happy and fulfilled without being married to another person. Third, sologamy calls out the notion that marriage is a lifetime commitment. It is commonly thought in traditional marriage that people will be wedded for the remainder of their lives. Sologamy demonstrates that this is not always true. Rituals that stand for empowerment, personal progress, and self-love are frequently used in sologamy ceremonies. These ceremonies can take a lot of different forms, from classic wedding-like occasions to more distinctive and unique gatherings. A way for some people to publicly express their dedication to their own well-being and personal development is through solitary relationships. People can marry themselves for a limited time and then end the marriage if they no longer desire to be married. Even while most governments do not accept sologamy as a legal form of matrimony, it is nevertheless a personal decision for those who support the idea. It allows them to concentrate on their own development, personal expansion, and acceptance of themselves. The idea of sologamy may continue to adapt and find a home in discussions about relationships, self-love, and personal development as society develops. In the novel, 'Reader, I married me!', the protagonist Chloe become a perfect model of women who just want to live by themselves. She smashes the proposal that every woman should be married before reaching 30's. Chloe on the other hand never showed any interest towards marriage or having kids. She openly remarks that she hates kids and is never planning to have one. In this her ideology of sologamy gives her a chance to choose instead of just letting the society decide. Another major modern text that showcased the framework of sologamy is 'Marry yourself first' which is also a manifestation on self-love and growth. Although self-love and commitment are not a part of new ideologies, the modern concept of sologamy is a new phenomenon which gives a new dimension to marriage and life after that. It still remains a s a highly debatable topic with numerous different opinions on the same. However, sologamy is still in the process of evolution, and it is unclear that how it is going to be perceived in the coming future. For now, it holds a relevant place in both literary world and lifestyle. Many literary works and theories most probably be evolving from this modern concept shortly as people around the world are fascinated yet confused about the same.

## Chapter – 2

### MARRIAGE AS PERFORMANCE

The concept of marriage as a gender performance suggests that cultural expectations and norms around gender roles can have a significant impact on how people act in the setting of marriage. Because of this, individuals may adopt conventional gender roles and carry out particular behaviours and tasks depending on their perceived gender identity rather than their own preferences or skills. In previous centuries, many communities have given people particular tasks and responsibilities based on their gender. Men, for instance, were frequently expected to earn the family's living while women were expected to take on caregiving responsibilities such as running the home and raising the kids. Deeply embedded in cultural expectations, these positions were frequently reinforced through marriage and other social institutions. According to social ideals of what a husband and wife should do, some couples may feel pressure to

portray themselves as the "ideal" marriage. This may entail using particular gestures, showing affection, or even adopting a physical look that is consistent with gender stereotypes. "Husbands, love your wives" (Ephesians 5:25) and "teach the young women to love their husbands" (Titus 2:4), the *Bible* says. Love after marriage can be deeper and more unselfish than love in any other relationship. This is the kind of love that Jesus demands from his disciples, and it is the virtue that couples most need. Marriage entails spiritual, emotional, and physical intimacy. According to the *Bible*, "therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh" (Genesis 2:24). Married couples are supposed to be linked in every manner. Sexual intimacy is a form of love that offers joy and harmony to a marriage. It is also the power that allows married couples to "multiply, and replenish the earth" (Genesis 1:28). Intimacy is a blessing that can result in unparalleled joy for children as members of the eternal family unit. "Greater love hath no man than this, that a man lay down his life for his friends" (John 15:13), the Savior declared. As a spouse, you are expected to essentially give up your former life and to forego many of your personal interests in order to care for your closest friend—your husband or wife. The more you can prioritize your spouse and focus on the success of your union, the stronger your marriage will be. Your earthly life is neither the beginning nor the conclusion of your existence. After you die, your spirit will continue to exist in the world of spirits until the day comes when your spirit and physical body will be eternally united in the resurrection. God desires that a loving relationship last forever. This eternal union is made possible when a man and a woman, as well as families, are sealed in holy temples, where individuals with authorized divine power fulfil Jesus' promise that "whatsoever thou shalt bind on earth shall be bound in heaven" (Matthew 16:19). While examining most of the religious teachings, one can see that love and commitment is regarded as one of the most precious things in the world. Religion encourages a man woman relation in many ways possible. It is considered as the foundation for all kinds of love and fresh new beginnings. However, in many ways it spurns the idea of same sex marriage and self-marriage. In both old and new-testament, homosexuality is addressed and cited as one of the most debatable topics even today. Leviticus 18:22 and Leviticus 20:13, for example, have been quoted as scriptures condemning homosexuality. Not only bible, but also many other religious scriptures like *Quran* also contempt homosexuality. The *Quran* indirectly addresses homosexuality through a few verses that have been interpreted in various ways. Although there are differing perspectives and interpretations among Islamic scholars and societies, homosexuality is generally regarded wicked or condemned in Islam. Surah Al-A'raf (7:80-81), for example, states, "And [We had sent] Lot when he said to his people, 'Do you commit such immorality as no one from among the worlds has before you?'" In fact, you approach guys with desire rather than women. Rather, you are a rebellious people'. Every religion carries different systems to get married, which projected marriage as a holy alignment of two individuals. Even ancient thinkers like St. Augustine once had the opinion that marriage is a union blessed by God and nobody has the right to question it. However, as the ages passed the idea about marriage also changes drastically.

Despite the fact that neither Bible, nor any other religious texts expressly addressed the concepts of self-marriage or sologamy, as these are modern concepts that have evolved in recent times. Self-marriage, also known as "sologamy," is the practice of marrying oneself without a partner's involvement. In the biblical perspective, traditional marriage entails a covenantal partnership between a man and a woman. The Bible largely emphasizes the institution of marriage as a relationship between two people, as well as the duties and roles that come with that partnership. The idea of such conventional marriage can be moreover explained as an already fabricated system on the foundation of some age-old rules, and people of the later

age monotonously followed it. These systems further questioned the new perspective and idea of gender and marriage. The institution of both gender and marriage has deconstructed in the later centuries which most people are reluctant to concur. Specific marriage-related rites and beliefs can be found in many religions and civilizations. These conventions can be questioned by sologamy, particularly those that place a premium on cooperation in a religious or cultural setting. Nevertheless, many gender theorists and critics have reconstructed the concept of gender and marriage which completely contradicts the traditional notions. Modern theorists like John Locke, Judith Butler, Francis Bacon had long ago discussed about how gender and all the activities associated with it are performance. Locke was of the opinion that marriage is just a social contract with two individuals, for which a mutual consent is important. Judith Butler is an American theorist, philosopher and gender studies writer who was highly influenced by gender studies and social theories. *Gender Trouble*; *Feminism and the Subversion of Identity*, and *Bodies that Matter*; *On Discursive Limits of Sex* are two of her major works that influenced the literary world. According to Butler, gender is a performance which is forced on to every individual by certain social rules and norms. No individual is born into a particular sex, but the society asserts in them certain duties which chain them inside the traditional ideology of gender. Moreover, every activity that a person does as a part of their gender is also a performance, and not a very conscious attempt. Judith Butler continues up on her renowned book "Gender Trouble" and her famous concept of performance in "*Bodies that Matter: On the Discursive Limits of 'sex'*". Butler argues in "Bodies that Matter" that bodies and gender are two separate things since gender is a type of performance that some undertake rather than being. Butler deconstructs the notion that gender is something one is born with rather than acquired which is similar to Simon De Beauvoir's concept "one is not born, but rather becomes, a woman" in *The Second Sex*. Gender performance, according to Butler, is not something that any one person acts out, but rather a ritualized socially constructed standard that one follows. One of the performances associated with gender is marriage which is again a socially constructed idea. Butler also opposes limiting genuine sexuality to married relationships. While marriage may validate and legalize certain relationships, it also further marginalizes others, making many and transient relationships illegitimate or legally and socially invisible. Marriage traditionally being an association between two people belonging to opposite gender labels the homogeneous and sologamist marriage as abnormal. Relating everything with the already build gender system tag the people who defy such constitution as the 'other'. Gender performance, according to Butler, is not something that any one person acts out, but rather a ritualized socially constructed standard that one follows. Being a male-entails acting out the socially sanctioned version of masculinity, and the performance is constantly reproduced. Unfortunately, there is no single "act" of masculinity that can be performed in order to be the ultimate masculine. Gender is a sort of discourse that is continually breaking down and reestablishing itself; gender is not only done but also constantly rebuilt. Though gender is continually debated for Butler, tying it to biology supports the gender discourse in doing so. Opposing and deconstructing gender rules, as well as engaging, is a subversive strategy aimed at exposing gender's shortcomings. One such act of deconstructing the gender rules in marrying oneself or marrying a person belonging to the same gender. Although such performance can lead to drastic and bitter criticism, the gradual change through which can bring out a better society without gender definitions. Marriage is somewhat associated with creating the next generation, no matter whether the couple likes it or not. Society always insists some type of rules on people without considering the personal boundaries. After marriage every family and even the neighbours want the couple to have kids as it one of the most followed norms of social life. Marrying someone, having kids, raising the kids are the things that are all time considered

as the most 'fortunate' thing that a person can do. In most of the traditional marriage systems, the couple never have an equal role in raising their child as it is always the mother's responsibility to raise their children to be a good citizen, and at the end the mother is the one who is expected to sacrifice everything for her children's future. In this way traditional marriage can mostly be termed as a contract against the independence of women as the society wants women to sacrifice a part of themselves to get married and have kids. This face of conventional marriage system fixes a gender role to each partner as men are considered as the bread winners and women a house maid. Relationships and family dynamics have been significantly shaped historically and culturally by the idea of typical gender roles allocated to couples. These roles, which assign particular obligations and behaviours depending on gender, are frequently firmly ingrained in civilizations. In some circumstances, they have given relationships structure and order, but they have also perpetuated inequality and constrained people's ability to reach their full potential. These are some of the major reasons why women of this age often try to escape from marriage, and prefer either living relationship without any commitments or just stay single and embrace ones' inner self.

Assuming that the heterosexual marriage contract is a mechanism used by males to exploit women and marriage is an institution through which men extort and appropriate women's unpaid labour, do non-heterosexual marriages reproduce the same form of exploitation? If non-heterosexual weddings can disrupt the underlying gender dynamics of marriage, can the institution be converted into one of liberation and equity? Or, as an instrument of governmental surveillance and regulation of sexuality, does the concept of marriage itself render the parity of specific partnerships insignificant? Will marriage always be used to sanction those partnerships that support the state's objectives while ostracizing those that do not? Butler contends that marriage is a mechanism used by the state to monitor and regulate sexuality in order to further its own goals. Taking her position, we may claim that any involvement within the structure just serves to reinforce the state's control in this domain. Only those types of kinship recognized by the state are those that conform to the "normative, dyadic heterosexually based family forms secured through the marriage vow." While the nuclear family structure is crucial to women's exploitation by their husbands, we learn from Butler that it is also a mechanism of managing culture. The state can preserve the conditions that legitimize heterosexuality and patriarchy by controlling the setting in which children are raised and socialized. New members of society are taught to value and recreate women's servitude, as well as to demonize non-normative forms of kinship. The marriage contract comprises more than symbolic acknowledgment; valid unions are granted a set of legal rights or privileges that are denied to non-state-sanctioned kinds of kinship. Married couples can give health care benefits to one another, visit their spouse in the hospital, and take certain executorial rights when they are unable to make their own decisions. They can also make decisions about their will after death. They also have the right to adopt and use alternative reproductive technologies, as well as the ability to keep custody of and access to any non-biological offspring. Because the union has been sanctioned by the state, there is no need to prove a partner's claim to these benefits; they are regarded as self-evident. Taking part in the institution of marriage is frequently a means of survival. Butler makes it obvious that marriage is more than a mirror of previous systems of patriarchy and heterosexuality. Culture is not fixed, but is fundamentally imbued with power relations that are enforced by more than simply a set of regulations – they are ingrained in our basic way of life and function to maintain it that way. It is not enough to merely admit that women work in the home and men work in the public domain. The division of labour is not a natural-phenomena, but rather a framework used by men to enslave and devalue women's labour in order to exploit them. Unpaid reproductive labour

by women sustains males in positions of power and economic benefit, as well as capitalism, which would cease to exist if their job were waged. So, from all these instances it has become evident that gender and all the practices associated with it is a mere dominance of power of one group on the other. History and traditions are always manipulated by the superior ones, that can vest them with some kind of authority over the other. Women being considered as meek and submissive are forcibly getting married in many cultures around the world, and are forced to live under the shadow of their husbands. More than a peaceful alignment, marriage was a scary venture for women from the very early age itself. Women are supposed to live for her family that she never gets time for herself. Even though marriage is an affair between two individuals, women are the ones who suffer more after the union. Men, on the other hand enjoy all the privileges that they already had, may be because of this reason that women are the ones who attempts to escape from marriage in the present day. An Indian girl Kshama Bindu, Linda Barker and one of the famous sologamists Sophie Tanner are only some of the examples of women who embraced selfhood. A 77-year-old woman from the US state of Ohio married herself in front of neighbours, friends, and relatives. Dorothy "Dottie" Fideli, a resident of the O'Bannon Terrace Retirement Community in Goshen, married herself on May 13, 2023, according to sources. Fideli requested that the ceremony be performed by Rob Geiger, the property manager of her retirement home. Geiger leaped at the chance to honour the 77-year-old woman who always made others happy. Dorothy Fideli married once in 1965, but there was no formal ceremony. Fideli stated that she and her ex-husband exchanged vows at a justice of the peace and that immediately following the ceremony, "he went to work and I went home, I wore a black dress, so I was doomed before I even got started," she added. The 77-year-old wanted she could have a large wedding but believed it was too late. However, when the wedding approached, Fidel couldn't thank her daughter enough for making her dream a reality. "Aside from having you kids, this is the best thing I've ever had, this is what I've always wanted, and I'm so grateful that my daughter gave it to me," she added. All these shows that even though the society is against such practice, many people around the world still practice sologamy as a part of self-love and acceptance. For a good number of people, now sologamy has become a part of their lifestyle as it has the potential to bring out immense joy. There has been a discernible shift away from these fixed roles as society advances and awareness of gender equality increases. Relationships based on open communication, shared duties, and mutual respect are what modern couples aspire to more and more. People have been able to escape their predetermined positions as a result of this transformation, allowing them to freely explore and pursue their interests and talents. It's crucial to recognize that the struggle to eliminate conventional gender norms is still underway. Even as progress is made, cultural expectations and norms can continue to shape attitudes and behaviours. actual equality needs continual work to dispel myths, inform people about variety, and designate areas where each partner of a pair can thrive in their actual selves. Regardless of traditional gender stereotypes, modern relationships and concepts increasingly place an emphasis on shared responsibility and mutual decision-making, allowing people to contribute their talents and skills. This change has produced relationships that are healthier and more satisfying, where each partner is free to follow their dreams without being constrained by archaic roles. Even though sologamy talks about singlehood, it supports the same ideology of shared responsibilities in marriage as it gives space for each partner to grow instead of assigning and chaining them with traditional gender roles.



### Chapter – 3

#### **DEFYING THE TRADITIONAL NORMS OF MARRIAGE; A READING ON SOPHIE TANNER'S 'READER, I MARRIED ME!'**

Sologamy can be categorised under the rubric of self-empowerment as it is accepted widely as a form of showing self-acceptance and self-growth. However, sologamy can be read under several theories and perspectives in which the theory of self-empowerment is the apt one. The theory of self-empowerment is not performed or proposed by a specific individual or single originator. Rather, it is a concept that has been developed and discussed by various scholars, psychologists, and researchers in the fields of psychology, sociology, and personal development. The idea of self-empowerment has been explored by numerous theorists and practitioners who have contributed to its understanding and application. The concept of sologamy is emerging as a distinctive and contemporary movement that promotes personal strength in a world characterised by altering paradigms of relationships and self-identity. Sologamy, or the practice of marrying oneself, has drawn interest for its distinctive strategy for promoting self-love and personal development. This dissertation investigates how sologamy empowers everyone by encouraging self-acceptance, fostering emotional wellbeing, questioning social expectations, and accelerating personal growth. The foundation of sologamy is the notion that people can experience tremendous fulfilment inside themselves. Sologamy represents self-love in a culture that is frequently fixated on outside approval. Individuals learn to value their own talents and flaws by committing to themselves and accepting their innate worthiness. People are encouraged by this act of self-affirmation to break out from the cycle of looking for approval from others and set out on a self-discovery adventure. Emotional health is intimately related to empowerment through solitary dating. People lay the groundwork for their mental and psychological wellness when they put their own happiness and emotional needs first. Sologamy is a lifestyle that promotes mindfulness, self-compassion, and self-care. It makes it possible for people to have an emotionally strong foundation that can survive the difficulties and failures of life. The popular belief that romantic relationships are the only source of personal fulfilment is challenged by sologamy. Sologamy changes the emphasis from marital status to individual development and autonomy in a society where marriage is frequently seen as a societal milestone. By defying these conventions, sologamy liberates people from societal pressures and expectations and allows them to choose their own routes to pleasure. The dedication to solitary marriage acts as a motivator for personal growth. Individuals create the conditions for ongoing growth as they begin out on a path of self-discovery. They discover their values, interests, and objectives via reflection and self-awareness, which enables them to make conscious decisions that are in line with their true selves. A sense of agency and control over one's life is reinforced by this dedication to personal growth. Additionally, sologamy can support the advancement of diversity and gender equality. Historically, society conventions have allocated people depending on their gender particular roles and expectations. By promoting self-fulfilment and self-commitment, sologamy challenges these conventions and opens the door for more diverse viewpoints on romantic relationships and self-empowerment.

Carl Rogers is one of the prominent humanistic psychologists who emphasized the importance of self-actualization and self-determination. His person-centred approach highlighted the innate capacity for growth and self-directed change within individuals. Rogers' *"On Becoming a Person: A Therapist's View of Psychotherapy"* (1961): In this book, Rogers expands on his person-centred approach and provides insights into the therapeutic process. He discusses the importance of empathy, unconditional positive

regard, and congruence in fostering a healing relationship between therapist and client. The term self-empowerment is interpreted in different ways in different contexts. However, one can term it as freeing oneself from all the burdens that weighs them down. Considering sologamy, it has a lot to do with uplifting oneself the way a person wants to. Still, one cannot jump into a straight conclusion as it is a very heated topic. Public will somehow accept and enrich the term empowerment, but when a 'self' is added to it becomes selfish and awkward. Same happens in the case of sologamy as well. Marrying a different person is acceptable, not self-marriage. One that that public do not realize is that marrying oneself is also a kind of empowerment, through which a person is empowering themselves to be a better version of themselves as their own partner. Another close association of self-empowerment with self-marriage is that it enables a person to make personal commitment to oneself and embrace ones' autonomy to oneself. Still certain questions may arise; Is it necessary to legally marry oneself to project self-love and empowerment? a counter question to this is that Is it necessary to visit synagogues or shrines to practice religion and spirituality? The most common answer to this question would be that it provides a sense of calm and peace, but when a person marries oneself for self-satisfaction then it's a curse. Sologamy even in this era is perceived as a stigma or just a new type of craziness that the new generation has implemented. The society is not open to any new changes, neither they wish to see it performed by other people which makes the act of sologamy a bit more complicated. Although some people find the idea of solo marriage appealing, there are a number of reasons why society may not embrace it easily. These justifications have their roots in cultural norms, conventional beliefs, legal issues, and pragmatic ramifications. Since societal attitudes might differ significantly across countries and eras, there are some typical explanations for why sologamy may not be universally accepted. The first and foremost reason is that marriage has traditionally been viewed as a relationship between two people, frequently having ramifications for religion, society, and the law. This traditional perspective is challenged by sologamy, which may generate discomfort or resistance among individuals who steadfastly adhere to traditional notions of marriage. The continuance of generations and family structures are frequently given a lot of weight by society. For building families, raising kids, and preserving societal stability, traditional marriages are viewed as the cornerstone. It might be assumed that sologamy deviates from these assumptions because it doesn't necessarily involve the same features of family-building. Since sologamy is a novel and uncommon theory, it occasionally encounters scepticism or misunderstanding. People might not understand its goals completely and may have assumptions about its effects, which could cause social shame or condemnation. Another major reason for rejecting sologamy is that Given that it seems to place more importance on one's own well-being than social connections, some might be concerned that embracing sologamy will result in isolation. Accepting an idea that appears to depart from the communal aspect of human interactions could be hampered by this anxiety. Sologamy is not frequently accepted in society or practiced, which might make it challenging for people to embrace it. Since familiarity fosters acceptance, a lack of experience to sologamy may cause resistance or distrust.

Literature has always been an eye-opener. Whatever is projected through literature exists forever. Even though sologamy first emerged in literature as a part of observing oneself and to emphasise ones' emotion, one of the contemporary social changes that influenced literature of the present time is the change in the institution of marriage. The very core of marriage is to choose a partner and tie knot with them in a traditional ceremony. Then build a family and have off springs with them. This is what every family and society want from an individual after attaining a particular age. The ceremony related to marriages has

always been an integral part of the society. It is not only considered as a union of two people, but a union of two families. In such a 'normal' marriage, two different individuals are expected and promised to live together for the rest of their life. The marriage only becomes 'normal' and 'traditional' when it is between two individuals of different gender. However, the change in gender dynamics has showed its influence on every other traditional institution from the past years. It completely defied the conventional way of perceiving world including marriage. A woman marrying a woman, a man marrying another man has become the societal scene. Even though it faced a lot of backlashes at the beginning, a number of gender theorists came forward in support. The practice of sologamy can also be tied in the same string, as it also faced the same insight. However, several people came in support of the practice. Sologamy or sologamists did not stop with social critic, it flourished. The conventional society still does not show any acceptance towards the practice, for rejecting the societal norms that tell people how to marry, when to marry and whom to marry. In contrary to the traditional notions, sologamy clearly challenges the traditional institution of marriage in a number of ways. Firstly, it suggests that marriage is not necessarily about being with another person of the opposite gender as prescribed by the traditional modal. Sologamy suggests that marriage can also be a way of expressing self-love and self-acceptance. Secondly, sologamy challenges the idea that marriage is a lifelong commitment, but sologamy suggests that marriage can be a more flexible arrangement. A sologamist can choose to marry themselves for a specific period of time, or they can choose to marry themselves indefinitely. Thirdly, sologamy suggests that marriage can be a way of taking control of one's own life and destiny which undoubtedly contradicts the traditional marriage concept of life being 'mindfully' controlled by your better half. This can be empowering for people who feel like they have no control over their lives or their destinies. In addition to all these, sologamy also unapologetically challenges the traditional gender roles associated with marriage. Traditionally, marriage has been seen as a union between a man and a woman, and the roles of husband and wife have been clearly defined. However, sologamy suggests that marriage can be a more gender-neutral arrangement. A sologamist can be a man or a woman, and they can choose to take on whatever roles they feel are most appropriate for them. This can be seen as a challenge to the traditional gender roles associated with marriage, and it is likely to continue to be debated in the years to come. From this, one can clearly note that sologamy foregrounds the idea of self-love, acceptance of gender neutrality and defy the conventional husband-wife roles practiced in the society. All these ideologies have clearly mentioned in one of the famous books 'Reader, I Married Me' is written by Sophie Tanner, a woman who literally married herself. Sophie Tanner is a sologamist who resides a distance away, from the lovely Brighton beach accompanied by her lively Labrador. She possesses a curiosity about behaviour and holds a strong passion for literature, music and theatre. Her debut novel, '*Reader, I Married Me!*' which was published in 2019, tells a playfully rebellious story of a woman who decides to wed herself. Sophie firmly believes that all healthy relationships commence with self-love and advocates for its celebration which she actually demonstrated by marrying herself in a ceremony held in Brighton back, in 2015. In an instance of life imitating art Sophies self-marriage took place during the Brighton Fringe festival in May 2015. The ceremony was warmly. Aimed to inspire others to embrace and honour their selves. Though the novel, Tanner projects her inner self with confidence and complete acceptance. It is not just a novel, it's a novel of her life and herself. She tells the story through a daring female character Chloe Usher who went through constant turns and trials later married herself. 'Reader, I Married Me!' is a powerful and inspiring novel that will stay with you long after you finish reading it. It is a story about the power of self-love and self-acceptance, and it is a reminder that we all have the ability to find happiness within ourselves.

Even before the portraying the story of Chloe Usher, Tanner quotes, ‘for anyone who has ever felt adrift you are not drowning but waving’ which explicitly communicates the foundation of the novel with her readers. The story begins with Chloe Usher, a thirty-something woman living in London, who finds herself trapped in conventional ideas of life. She feels unfulfilled by her own life and experiences yet she thinks about her healthy romantic relationship with her partner Ant as the most wonderful thing that ever happened in to her. In spite of her dissatisfaction with her job and existence itself, Chloe still tried to create a life full of happiness. She always had great expectations in her partner’s potentials and their future life together even after going through tough times. Chloe remained as a very supportive partner for Ant. In the beginning of the novel the writer shows the love-life of Chloe along with her struggles in job. Even though Chloe had to go through quite a number of bad experiences from her jealous colleagues, she always found comfort in her boyfriend. For Chloe, they were always in a happy and healthy relationship in which they can share anything with each other. She became more and more comfortable with Ant every passing day, making him a comfort person for her. She even dreamed about getting married to Ant one day and starting a beautiful family. However, as time passes by, she started to see some changes in his behaviour, but she never let it affect their relationship. Chloe begins to feel alone even after being in a relationship, which later made her came to know about the truth that Ant was having a relationship with someone else. Ant left her broken after her finding him cheating with another woman, who was her own roommate which shattered her whole world. She had to go through a terrible heart break which made her question her own existence, as she could not imagine a life without Ant. Although it broke her, she started to realize and learn many things about herself. Chloe realised how much she was dependent on a single person who left her for somebody else. She then started to re-evaluate her own life and all her weaknesses. Finally, she came to a conclusion that no matter how much you love someone, everything comes to an end at some point. No matter what you do for a person, sometimes they won’t realise its worth. Even though her vision about love and romantic came to an end, she still tried to date different men which did not end well. Unlike any other family or friends, Chloe’s intimate family and friends were really supportive and encouraged her in every steps. She went though a number of tough experiences and bad encounters with men which later made her realise that living alone is the better option. Gradually she learned to love her solitude and upgrade herself and the perspectives she holds. Despite being a strong women break up from her long-term boyfriend was not a very pleasant experience for her. She recalled the words of one of her friends, ‘don’t waste your life crying over a man that aren’t worth it. Love will come along when you are not desperately seeking it’ (Tanner,11). Although she was desperate to be in a relationship when she saw people around her were getting married, still she stayed patient with herself and her situations. Later, with the brace of her mother and other friends she discovered herself and who she really is. She battled with all the difficulties that came in her way. At first accepting sologamy was an impulsive decision but then she embraced it. She posted about her self-marriage in her social-media handle when she was drunk. The next morning, she understood her mistake as her comment section gets flooded with negative comments on her decision. Every one on social media took up the issue and labelled it as ‘immature’ and ‘crazy’. This is a clear example of public’s point of view on something that is way out of tradition and comfort zone. Chloe started to feel embarrassed about her impulsive decision, and faced a lot of criticisms from her colleagues and other people around her. On her way to become a sologamist, she had to encounter a number of threats, bad attitude from people, and above all hatred. People on social media even started to mock and threaten her. However, quite a good number of crowds were interested and excited about the fierce decision that she took. One such instance is when a woman started to follow her on social media and started to thank

Chloe for spreading awareness about singlehood and loving oneself. The energy that Chloe radiated helped the woman to get out of a traumatic heart break which made Chloe hold on to what she believed, while on the other hand a man called Chloe a ‘stupid narcissist’ for talking about self-love and empowerment. This shows the two sides of society, one who embrace experiments and mistakes and the other who discourages people from doing something different and exciting. Public negativity and the impact of heart break made her feel “like an alien landing on a new planet...I feel like dumping everything and run away” (66). For the society she not only defied the traditional and cultural norms, but also the holy institution of marriage. For a long time, she kept herself away from everyone and everything until she came out of her cocoon and embraced her uniqueness. After a certain period, Chloe come to realise about the validity of ones’ own happiness is with oneself and not with others. “Maybe I did expect too much from Ant and allowed myself to become a watered-down version of the person I used to be. Ant and I have always been separate people and I should be responsible for my own happiness”, Chloe says. She started to focus to everything that is positive and worthwhile. Society was so brutal against her that people even labelled her mentally unstable, in addition, they questioned her sexuality. In the chaotic atmosphere, the realisation that her decision has influenced a number of women kept her going. Her life took a turn when a big broadcasting company showed interest in documenting her life and decision to become a sologamist which made her a well-known public figure. She appeared in live television and many other interview programmes. Although she made her name through all the storms, she faced embarrassing criticism and accusations in live television as well. The misogynistic approach of many people made her furious, but she handled it with patience. The gender discrimination she faced for being a women sologamist was insane. Soon after the controversies, interview and all other happenings she decided to make herself her partner in an intimate wedding ceremony. At first her parents, especially her father was a bit bitter towards her, finally everybody agreed to her decision of marrying herself. Lot of her friends and family members came together to make her dream come true. Just like a normal wedding, she chose her ‘the one’ wedding dress and did all the essentials and finally the day came. The day she is going to marry herself. She planned a beach wedding for herself. The day she married herself she felt herself the fullest through the most daring decision that she has ever took in her life. This is what most of the sologamist mean when they talk about self-marriage. A feeling of complete independence and empowerment. It is not only about defying the traditionally set social rules but also the utmost happiness a person feels after accepting oneself as their forever life partner chiefly when a person has gone through multiple break ups and manipulations. A condition when one has lost faith in oneself and people around them. Sologamy uproots the traditional structure of getting married to the other gender, here it also gives ways not only to self-marriage but also marrying a person of the same gender, even though society question such a ‘new generation’ approach towards marriage.

Not only the traditional forceful act of choosing a partner from the opposite gender is defied through this novel, but also certain conservational ideas surrounding gender, sexuality, way of life, approaches towards life and marriage etc. The notion of dependency and support between spouses is frequently present in traditional marriages. The idea that assistance must come from a partner in order to be emotional, financial, or practical is challenged by sologamy. Families and communities are frequently brought together through marriage. The emphasis is shifted from interpersonal relationships to introspection and self-improvement when someone is single. Traditional unions are frequently linked to the potential for procreation and family formation. The same cultural expectations for starting a family do not apply to sologamy. As people are frequently acknowledged as being a part of a pair, traditional marriages have the power to create social

identity. By placing a strong emphasis on the individual as the main subject, sologamy might undermine this feature of identity. The thought of gay marriage is another most notable things that is being normalised in this novel, even though gay and lesbian marriage still remains a very debatable topic. Another prominent ideology that Chloe holds through out her life is a decision to not have kids, although she loves spending time with her niece and nephew which all together dejects the conventional norm of building a family. This shows the importance of individual priorities of life according to every individual. For some creating a family of their own may be their priority, but for some other building their career and having an independent life with no child responsibilities, and Chloe belongs to the latter. In spite of people forcing Chloe to start a family of her own being in her 30's she never felt or urged herself to have kids as the only thing she is cared about in her 30's was her freedom. Furthermore, another noteworthy topic discussed in the novel is about open and polyamorous relationships. In a polyamorous relationship a person may be having more than one sexual partner with the knowledge and concern of every partner involved. Once Chloe herself involved in such a relationship unknowingly which made her disgusted, however the writer added the topic in order to show how such things are normalised when compared to the times when it was considered a curse. In addition, the not so talked about topics of non-legal or non-committed relationships are also talked about throughout the novel. Marriage as a traditional union is always centred around life-time commitments which is considered as an unbreakable rule of marriage. Here, Tanner gives a different dimension to marriage in which marriage is just a personal choice and not a forceful life-time commitment. Tanner, in this novel use the character of Chloe as a device to project her thoughts and her own life. 'I can do whatever I want, whenever I want' is not just Chloe's words but Tanner's words as well. After courageously facing all the criticisms and judgements, she gracefully overcame all the traumas that people gave her because of her decision to marry herself. She replied 'It wasn't much fun doing it on my own. But it was better than living with an imbecile' when one of her colleagues mocked her about sologamy and self-marriage. On her wedding day, Chloe took an oath to herself; 'Chloe Usher, I love you, I announce with deep passion. Will you marry me?' (115). Chloe's spirit really shows that she means it when she said she is going to be her bride and groom. She took all her effort to prove her point of view.

Chloe has been a woman who never subjugated herself to the unrealistic representation of marriage through movies, novels or other social media platforms. She reached a period in her life where it seemed like everyone around her was getting married. Friends' pre-wedding shots, honeymoon photos, and postings about their undying love flood her social media page. Well, for her if some individuals have discovered their soulmate and are living a happy life good for them. And for those who haven't, there's little doubt that peer pressure is affecting them. What many people fail to realize is that there is more to life than simply altering your relationship status. It is possible to have it all without exchanging vows, and there is also a 'happily ever after' for those who are not married. Many people regard marriage as the final objective of their lives, as though they won't be completely happy unless and until marry. Our lives begin to revolve around the idea of finding a soulmate because of the exaggerated projection of married life in different matrimonial websites and in social media posts, and by the time we reach our twenties people around us start to pressurise us to find 'the one'. Those around us begin to remind us about 'the best moment' to get married. Nobody tells you, however, that marriage, like school or a career, is merely a part of life. You are responsible for your own pleasure. Marrying someone will simply add to your already joyful life. Marriage do not have the ability to completely transform your life into better if you are not willing to make yourself happy. Chloe really showed the world that it's quite fine to have other priorities

in life, and marriage can wait for a while. If you want to travel alone to Antarctica, do it! If you want to open your own bakery, go for it! Don't wait for an approval from anyone. If you want to relocate to a new place or change careers, what's holding you back? If you're waiting to get married in order to pursue your dreams and want to experience everything while holding your partner's hand, you're doing it wrong. Have your own life, whether you're married or not. Even though people preach a lot about getting married and having kids, they will never talk about the commitments and effort that it takes to make married life work. In most cases there are quite a few things to consider before tying knot with someone. The long-term commitment and settling with another person, spending your time with spouse are some of the things that one should be prepared before getting married. Marriage is never a bad idea, however not everybody has the mental state to settle down with a person for the rest of their life. Staying committed to a single person is not everyone's cup of tea. For many people, their feelings towards others change constantly which makes it difficult for them to jump into a life-long vow. If a person is not ready for any kind of commitments, then it would be always better to think many times before deciding to marry someone. One major issue related to taking such a bold decision is the judgemental attitude of the society towards people who does not want to get married immediately after reaching their late 20's or early 30's. Once a person has passed the 'desired' age for marriage, they are viewed as arrogant and selfish, which is one of the main reasons why women persuade themselves to marry even if they are not ready. Nevertheless, these social attitudes are changing gradually. The traditional institution and norms that are attached to marriage is evolving and gaining a different perspective according to the change in social and gender matters of the present century. The gender roles associated with marriage is also showing an alteration in itself. People now are spending more time on education and career rather than finding the one while reaching an 'appropriate' age. The idea of 'desired' has also changed a lot. From showing the 'perfectly' married couple to a more realistic representation of romantic relationships or marriage is also being promoted in movies as well. It shows the real essence of marriage as a process that contains both ups and downs. As a couple, they not only go through happy moments, but through depressing moments as well. This is a perfect example on how the concept of marriage is changing now-a-days, with a change in attitude and perspective of people towards the same. Not only living happily ever after, but also parting their ways for ones' own happiness and peace of mind is also an auspicious ending.

## Chapter – 4

### Conclusion

After reading the novel, *'Reader, I married me!'* and examining the different aspects and evolution of marriage, one can easily come to a conclusion that marriage is not everything and it is not the ultimate ending. Every person holds varied perception towards marriage. For some it is an escape from the social judgement, whilst for others it is the best way of living a dignified life. People does not hold the same perspective on marriage as they had before. It once had a gender implication to it on how every gender must behave post-marriage. Both family and friends insist a person to get married as it is the 'best' way of living a socially constructed life. "Your family does not always know what's best for you" (166), here, Tanner makes the readers clear that ones' family may not always know what their inner desire. For some their career or job may be the most valuable thing, whereas for others building a family of their own. Every person's desire changes in accordance to their perception about the world. Apart from her own heart breaks, Chloe has seen her parents' divorce, her sister's loneliness in marriage, and her friends' struggle in raising children. All these instances imparted in her mind not to get married and have kids. For her,

even though she is not married she is satisfied with her life and her career. Even in her 30's she does not regret of not having children. Chloe do admit that sometimes she feels lonely, however she was not willing to spend her life with someone who does not value her, which made her come to a conclusion that staying single is not a bad idea until she finds the right person for her. She wants to be equal in marriage instead of being a meek and 'flawless' wife. For her, sologamy is not her forever answer or statement, but a partial and a short-term escape from all the marriage questions asked by people around her. Sologamy is just a symbol of loving and cherishing oneself and not a reaction against marriage, however, Chloe does not support the traditional notions and rules of marriage. According to Chloe, in marriage, both parties should be regarded and valued as equal partners. Love, trust, and open communication should form the foundation of the partnership. It should be possible for couples to communicate their hopes, dreams, and worries to one another in an open and honest manner. They ought to be capable of respectfully and effectively resolving disputes. They ought to be able to mourn, laugh, and develop together. Instead of causing worry and anxiety, a marriage should be a source of strength. Couples should be able to feel comfortable and secure there, knowing that they are there for one another. It ought to be a setting free from judgment and criticism where people may unwind and be themselves. Marriage ought to be an exploration in which partners develop and learn from one another. They ought to be able to exchange ideas and viewpoints and support one another in growing as persons. They ought to be able to create a loving, humorous, and joyful existence for themselves. However, Chloe asserts the fact that no union is flawless. Couples will occasionally dispute, and there will be ups and downs. They will be able to endure any storm, though, provided they are committed to each other and their marriage. But most marriages she examined around her was not so which made her re-think about getting married, whereas sologamy gave her a feeling of love, compassion and freedom which taught her a lesson that you yourself is your biggest support system before anyone else. Sologamy is a way to respect one's own value and worth. It is a proclamation that one is content and whole on their own and does not require a partner in order to be whole. In a traditional marriage, the couple is formally wed. Sologamy, on the other hand, simply binds the individual to the vows. This indicates that the person is in total control of their life and is not reliant on a partner's preferences or demands. It was a very freeing and empowering experience for her to be able to create her own wedding ceremony through sologamy without having to make compromises with a partner. In the world where women want to make many compromises for marrying someone, Chloe became her own groom and made her life a better version. The majority-traditional paradigm of societal expectations for starting a family has given way to one that is more inclusive, individualized, and diverse. The focus is on personal fulfilment, choice, and the understanding that there are other types of family arrangements. This evolution is a reflection of greater shifts in cultural beliefs, gender roles, and society conventions.

Sologamy is a tendency that empowers everyone in a society that frequently values traditional relationships and fosters external approval. It is an intriguing and developing phenomena that questions conventional ideas of marriage and self-expression. Others may see it as a reflection of cultural changes and shifting priorities, while some see it as a natural outgrowth of individualism and self-love. Sologamy emphasizes the value of self-acceptance and personal fulfilment, motivating people to put their own pleasure and well-being first. Like any uncommon practice, though, it also raises questions about the wider ramifications for marriage as an institution and for interpersonal relationships in general. It challenges us to reconsider how we conceptualize marriage, fidelity, and the pursuit of pleasure in our lives as society continues to change. Sologamy emphasizes the intricacy and diversity of human connections in the current



world, whether it is viewed as a celebration of the individual or a reflection on modern morals. It offers a special route to empowerment through embracing self-love, supporting emotional health, challenging social conventions, accelerating personal growth, fostering resilience, and advocating inclusivity. Even while not, everyone may agree with it, its influence is felt by people who want to develop a strong sense of authenticity and self-worth. By inspiring people to engage on a transforming path of empowerment, self-discovery, and self-love, sologamy redefines the story of personal fulfilment. Sologamy can be considered as a contemporary way of life in a culture that places an increasing emphasis on individualism and self-care. It is a means of celebrating one's own worth and value and taking charge of one's own life and happiness. Obviously, there are many who oppose this trend. Some individual thinks that it is a narcissistic or selfish approach. Others contend that it is not a true marriage and that it has different legal and social ramifications than a conventional marriage. The advocates of sologamy contend that it is a valid and acceptable way of life. They contend that doing so is a method to respect one's own value and worth and to reclaim control of one's life. In any case, sologamists claim that the experience can be incredibly liberating and uplifting. The choice of whether or not to wed oneself is ultimately a personal one. There are advantages and disadvantages to take into account, and each person must choose what is best for them. While examining the life of Chloe as a sologamist, it becomes evident that she has a very fulfilling existence as a sologamist. She doesn't have to make compromises because she is in charge of her own life. She is free to act however she pleases, whenever she pleases. She has a strong sense of self and is aware of her needs and wants. Initially opposed to Chloe's plan to wed herself, her family and friends have come to accept it. They can see that she is content and contented that they applaud her decision of marrying herself. Although she was happy with her decision, there were a number of cons came with her decision. She, at times, misses having a life partner and experiences periods of loneliness, however, she is aware of her strength and independence, and she is confident in her capacity to deal with any situation. Many people find inspiration in Chloe. She demonstrates that living a happy and fulfilling life by yourself is feasible. She serves as a role model for many women seeking an alternative way of life away from the traditionally set guidelines of marrying another person. Towards the end the author herself proclaims; "Solitude is a bloody marvellous skill that everyone should cultivate. It's a form of meditation; on yourself and the world around you. It's a time for hope and reflection and peace and it gives us the power to adjust our lives". It is crucial to understand that societal standards and cultural attitudes can be intricate and multidimensional. Opinions on sologamy will probably range among various people and cultures, as with any lifestyle choice. Most legal systems did not regard sologamy as a lawful form of matrimony. It is nonetheless crucial for people to comprehend the legal ramifications of the relationships they choose, particularly when it comes to matters like inheritance, property rights, and other legal safeguards that traditional marriages may provide. It would be advisable to consult more recent sources, surveys, or studies that represent the most recent cultural perspectives and attitudes if you want the most up-to-date and complete picture of how sologamy is changing. The author concludes the novel with a reminder saying "You are not alone".

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