



# How to Be Alone: If You Want To, and Even If You Don't

*Lane Moore*

[Download now](#)

[Read Online](#) 

# How to Be Alone: If You Want To, and Even If You Don't

Lane Moore

**How to Be Alone: If You Want To, and Even If You Don't** Lane Moore

**The former Sex & Relationships Editor for *Cosmopolitan* and host of the wildly popular comedy show *Tinder Live with Lane Moore* presents her poignant, funny, and deeply moving first book.**

Lane Moore is a rare performer who is as impressive onstage—whether hosting her iconic show *Tinder Live* or being the enigmatic front woman of *It Was Romance*—as she is on the page, as both a former writer for *The Onion* and an award-winning sex and relationships editor for *Cosmopolitan*. But her story has had its obstacles, including being her own parent, living in her car as a teenager, and moving to New York City to pursue her dreams. Through it all, she looked to movies, TV, and music as the family and support systems she never had.

From spending the holidays alone to having better “stranger luck” than with those closest to her to feeling like the last hopeless romantic on earth, Lane reveals her powerful and entertaining journey in all its candor, anxiety, and ultimate acceptance—with humor always her bolstering force and greatest gift.

*How to Be Alone* is a must-read for anyone whose childhood still feels unresolved, who spends more time pretending to have friends online than feeling close to anyone in real life, who tries to have genuine, deep conversations in a roomful of people who would *rather you not*. Above all, it’s a book for anyone who desperately wants to feel less alone and a little more connected through reading her words.

## How to Be Alone: If You Want To, and Even If You Don't Details

Date : Published November 6th 2018 by Atria Books

ISBN : 9781501178832

Author : Lane Moore

Format : Paperback 224 pages

Genre : Nonfiction, Autobiography, Memoir, Writing, Essays, Self Help, Biography Memoir, Audiobook

 [Download How to Be Alone: If You Want To, and Even If You Don't ...pdf](#)

 [Read Online How to Be Alone: If You Want To, and Even If You Don't ...pdf](#)

**Download and Read Free Online How to Be Alone: If You Want To, and Even If You Don't Lane Moore**

---

## From Reader Review How to Be Alone: If You Want To, and Even If You Don't for online ebook

### Sarah says

I don't know I guess this is well written. It's just not for me. I felt like sending her a therapy bill for having to grind through all these tedious stories about her struggle to be with other people and to be alone, and her life trauma. She's a comedian so it's passably funny sometimes but not like HAAAAHA funny (at all). Just blah.

---

### Audree Johnson says

I just finished this and I'm border-line ugly crying. I'm so thankful that Lane wrote this and put so much of herself in it no matter how hard it might have been. I feel seen in a lot of new ways and I felt encouraged by Lane's ability to see such beautiful things even through and in spite of the pain in her past. I wanted to be her friend before but now I ESPECIALLY wish we were friends! She's rad, everyone should read this book. What a gift.

---

### Tabitha says

\*I received an advanced readers copy of this book, but all opinions are 100% my own.\* How to Be Alone is the soon to be released book by Lane Moore. If you haven't heard of her yet, I'm confident one day soon you will. Lane Moore is a comedian, musician, writer, and host of Tinder Live.

Though technically How to Be Alone is an autobiography, it's more than that. Lane Moore's book is touching, witty, and relatable. It discusses inadequacy, loneliness, longing for love, and finding your place in the world both on a personal and interpersonal level.

Told through 14 personal essays, Lane dives deep into her most personal thoughts and experiences. From practically raising herself, living in her car, making the ballsy move to NYC, and reconstructing her heart after a series of toxic relationships, she bares it all. To put it simply, this girl has been through some sh\*t. But instead of letting that control the way she lives her life and sees the world, she uses humor, music, and writing to create a different picture.

Read my full review here: <https://tabithoughts.com/2018/08/26/b...>

---

### Lindsey says

Like some of the other reviewers, I was disappointed to find that this book of essays focuses mainly, though not exclusively, on the author's search for a romantic relationship. I was expecting a collection about connecting with yourself and learning to enjoy spending quality time with yourself as a way of recharging from socializing. I identified with some of the author's struggles to connect with other people, and her desperate need for a secure attachment. However, the overall feel of the collection was a bit of a bummer, which is surprising considering Moore is (a) a comedian who (b) writes for the Onion. I didn't even feel like

she was making an attempt at wry, self-deprecating humor. I didn't find any humor, honestly. I just felt sad.

I received an ARC of this book in exchange for an honest review.

---

### **Amanda Helling says**

Utterly fucking delightful.

How to Be Alone is funny and intense. It was a quick read for me, I think... Or I got so lost in it that I had no idea time was passing. Either way, it felt quick (in the best possible way). Moore's approach to story-telling is down-to-Earth and so funny that I laughed out loud repeatedly.

I was hesitant at first about the vernacular style of the writing: that hesitancy wore off quickly. Reading Moore's words, I could imagine a real person talking to me, curse words and all, and I loved every second of it.

Moore offers up so many pieces of herself to her audience so honestly and earnestly that I feel like I know her (I definitely do not, I know I do not, and yet?). By the end of the book, after reading about her "stranger luck," you may feel like you want to invite her to stay with you in your house. That's apparently not that weird.

I highly recommend this quick, touching read!

---

### **Huma Rashid says**

I got this bc I'd seen great reviews and love memoirs, but OMG it is basically unreadable. I hated it. And I don't like the author at all. Ugh.

---

### **Tanja says**

I didn't know anything about Lane Moore before reading her book but if I did I wouldn't have "wished" for it. I found the swearing throughout to be offensive and perhaps this is Lane's no nonsense way of speaking her truth, but it wasn't something I liked. I thought the title of her book and message misleading. I thought this book was going to be a survival guide for loners, but instead it was a series of chapters about Lane, ironically not being alone. There is a difference between being alone and feeling alone and this book is definitely about the latter. One can be alone in this world by not having any friends whatsoever or never having been in a romantic relationship and another person can feel alone by having all those things which was Lane's issue. I didn't feel her brutally honest stories of her life to be helpful in any way. She didn't offer any concrete advice or make me feel better about my own life. She tried linking her lonely childhood to her failed relationships as an adult but it felt like she was trying to sound like a therapist...but not a very good one. I was left feeling very confused about this book. The cover made it look like a psychology textbook and her central message was weak. She didn't explain how to be alone. It was more of a rant and nostalgic trip down memory lane about her issues around attachments in relationships. If she explained in her individual chapters about what it actually "felt like" to be alone in relationships it would have made a huge difference. Also, if she offered advice or tips at the end of each chapter on how to work with this and accept it, this book would have been

successful.

---

## **Berit??? says**

An authentic and raw memoir told with humor and honesty....

For anybody that has ever felt lonelier in a room full of people than they would if they were Buy themselves.... this is not a self-help book it is a memoir... Lane Moore has laid herself bare in these poignant essays about human connection... from a troubled child, to a tragic teenager, to a triumphant adult... Lane Moore has struggled throughout with making connections that some of us take for granted....

I thoroughly enjoyed Lane's insights of not only herself but of others as well.... some of these essays were hard to read, but they were all totaled with integrity and a generous dose of humor.... really appreciated that humor was found in even the darkest of situations... some of these essays really resonated with me and I found myself sharing some of the insights with my friend on our weekly walk and my oldest son who is away at college....

This definitely is not my usual type of read, but I thoroughly enjoyed it! It was well written, relatable, and tremendously insightful.... I love humor in my books and this book had a huge dose of that! I absolutely recommend this book I think it will resonate with most people, because most of us have had times in our lives where it was harder to connect then others....

\*\*\* many thanks to Atria for my copy \*\*\*

---

## **Jeimy says**

This book has 15 chapters. I only enjoyed two.

A couple of my issues with this book:

1. It feels like this author is whining for 80% of the book.
- 2.It is hard for me to understand why she stays in relationships that are clearly causing her.

I did thoroughly enjoy the chapter on Jim Harper.

---

## **Abilouise says**

I started reading this book on the subway coming home from the library because my phone went dead and so I couldn't listen to podcasts and play stupid games. I got home, walking still reading it and 2 hours later realized I was still wearing an underwire bra because I hadn't put the book down yet. At 7:15 I decided that I needed to eat something and so put down the book and started writing about how much I like this book so you would all know as soon as possible.

---

## Etienne says

A very misleading title/premise for this book. It has nothing to do with loneliness or solitary person, it's more like a biography, very personal, about the author and her own experience with solitude/and not. Closer to a biography, no reflexion or explanation here. If you love this author/person you may enjoy it, but if you are looking for something to help yourself, this isn't the right book!

---

## Stella says

So here's the thing. On paper, I think I am supposed to fall all over myself about this book. It's a series of essays from a 'comedian' who lives in New York and writes for publications I know and does comedy shows in places I frequent. But...in reality, I could not connect with this book.

Lane Moore is a talented writer, that's a fact. However I couldn't connect with these essays. With a title of "How to Be Alone" I assumed this would focus on empowering oneself to be an independent person, living their best life, despite whatever obstacles may pop up. Instead this focuses on Moore's anger about her family and past, as well as her striving for romantic relationships. It felt empty to me.

The need to fill the hole left by the lack of a support system is very apparent in these essays. I get it, I totally understand, but this writing feels like pre-therapy journal entries of a self-deprecating writer. Find your family. Accept the love and support that your friends offer. (Also, not to be a total bitch, but moving to New York City on your own doesn't make you special, millions of people do it.)

Thanks to NetGalley and the publisher for the opportunity to read and review this book.

---

## Joshunda Sanders says

This review originally appeared in Bitch Magazine:  
Dear Lane,

Initially, I was skeptical about reading your memoir *How to Be Alone: If You Want To, and Even If You Don't*. "How to be alone?" my lady brain snarked. "How to be in a relationship that lasts longer than six months is what I need." I've been single for most of my adult life, and I've attended a lot of therapy about it. Despite the fact that there were 110 million unmarried people in the United States in 2016, it's still hard to be a single woman. There are more financial, emotional, and social costs to living outside of a relationship than is usually discussed with any nuance, empathy, or compassion. I'm an expert on the single lady experience: I've read many books—and wrote one—about the subject.

I've ranted in the pages of Bitch about the single-lady-industrial complex, led by Steve fucking Harvey, that advises Black women on how we can become more worthy of companionship. Despite my cynicism, I got out of my own way—and let your amazing story break my heart wide open. *How To Be Alone's* vulnerability, humor, and naked emotion was profoundly healing, and reading it was one of the first times I recognized myself in nonfiction. When you describe yourself as a "real-life Matilda: surrounded by biological family, who, in constantly rotating ways, couldn't be bothered," I was astonished that we've both been orphaned in the same way, "alone in a way you can never quite describe to people." I'm the youngest child of a single mom with a history of mental illness. My brother Jose died a couple of years before I was

born, so I was partially named for him.

My mother unraveled as she grieved, which left her unable to parent me or my siblings. By the time she died six years ago, I'd forgiven her, though it still hurts to have been unmothered. I parented her and myself while my siblings were cared for by others. I met my father when I was 18, but he was too inconsistent, wounded, and distant. We tried to understand each other, but too much time had already passed. He died by suicide in 2010.

When I officially became an orphan, I thought that it could be a new beginning for me. It was and it wasn't. There aren't many books that explore how to be alone that aren't about waiting or preparing to become part of a couple because capitalist patriarchy normalizes and valorizes heterosexual romantic relationships. That's partly why I wrote *Single & Happy: The Party of Ones* in 2013. But Sasha Cagen's *Quirkyalone*, a book that centers people who'd rather be single than settle for the wrong relationship, is probably the best thing I've read about learning to enjoy solitude. It's hard not to be in a relationship, especially this time of year when holiday gatherings typically involve people with families and significant others.

Like you, I have always felt a little weird about finding a soulmate, so I deeply related to your explanation for why relationships are so hard for people like us: "There's a specific sort of obsession with love that you're bound to find yourself having once you've realized, on any level, that you don't have a family the way you're supposed to," you write. "There's a need in there to be normal, to be wanted, to belong to anyone, anywhere, as soon as humanly possible, that lends itself to loving super-romantic shit of all kinds." Your book offered me catharsis as someone who struggles with anxious attachment as a result of surviving childhood trauma.

It made me turn questions that I used to direct at potential partners toward myself. How had I not understood before that I pick unsafe people to love and attach to? Where would I have ever learned a healthier way? One of the most beautiful things about your book is that it complicates narratives around family, belonging, and loneliness. It shatters stigmas and silences with humor while naming deep, codependent patterns in all kinds of relationships. Most books about being single aren't usually as entertaining and instructive as yours because they react to a canon of nonfiction rooted in heterosexist patriarchy.

Your book is so important because you assert that you can belong to yourself first or even always if you want to—and you can learn to view friends as family instead of becoming fixated on not having the traditional family. You write about wanting to belong to someone so badly that you let yourself become a doormat. You stopped having needs in order to become the perfect partner. Yes. Even when my parents were absent, I was still attached to the idea that their struggles were a form of love. It took a long time to write a different story for myself. But now, I think I can.

One year, I ghosted on a Thanksgiving gathering for orphans, and I was relieved to read that I'm not alone in this experience. You perfectly describe the unconscious torture our beloveds inflict on us by inviting us to these holiday soirées:

"It's so hard to tell people, 'Yeah, the holidays kind of bum me out because my best friend as a kid was a caterpillar I kept in a muffin-tin liner in my room.' You end up feeling like you don't have a place in the world because your genuine, deeply felt and often beyond-painful feelings about your nontraditional family situation get swept under the rug in favor of easier, more 'normal' frustrations with otherwise good families."

I have always felt lonely at "orphan" Thanksgivings, and as an introvert, I resent being surrounded by strangers, usually in pairs or otherwise unavailable, on a day of national significance. The question I am always negotiating, even after years of therapy, is whether it's valid to just skip these functions instead of trying to make them work. Holiday gatherings will always be hard if you haven't had a "normal" experience,

but practicing different ways to make them feel better is worth a shot. Reading How to Be Alone is like having real talk with the friend who loves you too much to lie to you. That friend will light the path back to yourself when you get seduced by your own darkness.

The most epic, incredible, soaring parts of your story, are the places where you're tender, and funny, but also so harrowingly sad and devastated. Your commitment to survival is more than a notion; it's a balm, an affirmation, an eternal love note, and a sacred love manifestation that starts as a whisper and rises into the atmosphere. How to be Alone gave me closure. What a gift it is to know that there's another person in the world who's so brave and true to her spirit that she survived the hardest parts of being alive. Instead of sinking into despair or madness; being waylaid by bitterness or tragedy; or turning the grueling and terrifying dark of isolation against yourself, you've transmuted it into a fire so bright that it blazes brilliantly, with a classic, universal humanity. James Baldwin said, "You think your heartbreak is unprecedented in the world, and then you read." How To Be Alone is like that.

Lane, you deserve every single fucking good thing that happens to you. Thank you for reminding those of us who have survived hard things that we do, too.

With gratitude, admiration, and love,

Joshunda

---

### **Katherine Gypson says**

Lane Moore has written the book I needed to exist. In some of the most raw, funny and kind writing I've ever read, Moore not only bares her life, she says the unpopular, uncomfortable truths about life today that need to be said. I rarely read books in one sitting but this was one of those experiences where it was more like meeting a fascinating, witty, honest person and just wanting the conversation to keep on going. I sobbed at the end of the book and truly consider the experience of reading it a gift. Then I clicked over to Amazon to pre-order a hard copy because I know this will go on my shelf next to "How To Be a Person in the World" and "Tiny Beautiful Things" - "How to Be Alone" is that good.

---

### **Kendall says**

I am pleased that I was given the chance to read this book but I was left with confusion on what exactly I read. I felt that the message and title of the book was very misleading. I thought it was going to be about people that are alone and how to overcome the challenges that are associated with being alone. But, the story was focused primarily about Lane Moore's life and "not being alone."

I think that being "alone" can mean different things to different people and clearly I feel that the message behind Moore's book was she had romantic relationships, friends, etc and felt completely alone in the world. I feel like because I was so focused on it being the latter of what I felt the book should be about.. I just was pretty disappointed.

I think the novel would have been a lot stronger if Lane Moore offered advice at the end of each chapter behind her stories of her life.

Overall, 2.5 stars on this for me.

Huge thank you to Atria and Netgalley for a copy of this arc in exchange for my honest review.

Publication date: 11/6/18

Published to GR: 10/15/18

---