Science proves better to be single than to love the wrong person

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Before coming to this conclusion, researchers at the University of Buffalo (New York, USA) conducted a survey of the lives of 200 adults who had a serious relationship within two years. Whether it is a marriage or simply dating, both directly affect the health of each person.

Many of us believe that **dating someone is better than living** alone, even if we feel unhappy with the other person. However research shows that this will negatively impact our health.

The results show that if in a relationship that both people really feel comfortable, understand each other and don't quarrel often have better health. According to Ashley Barr, the study's lead author, the lack of stability in relationships will easily lead to depression, alcoholism, and general health problems.

The same question was asked in Psychosomatic Medicine. They also point out specific numbers to prove. For example, a person who constantly has an **argument** with his lover will have an **8.5% higher** risk of **heart disease than those who live in love and get along with their other half** .

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