

# Jay Shetty

<https://silosolo.com/534551>

## Summary

In this video, Alex Cooper interviews Jay Shetty about his book 'The Eight Rules of Love' and the topic of love and relationships. The first rule mentioned in the book is to let yourself be alone. Society often shames people for being alone, leading them to settle for less in relationships. Jay Shetty shares his own experience of trying to impress his now-wife when they first started dating. He emphasizes the importance of being confident and true to oneself in maintaining a healthy relationship.

## Silo sample questions

- What is the first rule mentioned in Jay Shetty's book?
- Why are people often scared of being alone?
- What is the difference between compatibility and self-worth?
- Why is being alone considered cool and attractive?
- What is the importance of confidence in relationships?

## Topics

Love and relationships

Being alone

Self-worth

Dating and impressing

Confidence in relationships

## Key Takeaways

- The video is an interview between Alex Cooper and Jay Shetty.
- They discuss the topic of love and relationships.
- Jay Shetty wrote a book called 'The Eight Rules of Love' that inspired the conversation.
- The first rule in the book is to let yourself be alone.
- Society often shames people for being alone, which leads to settling for less in relationships.

[Click here for the full transcript](#)

[Click here for the source](#)