

The book was found

Toxic Friendships: Knowing The Rules And Dealing With The Friends Who Break Them



Synopsis

Good friends and healthy friendships are crucial to women's well-being at every stage of life. But what happens when a friendship turns toxic? When a friend becomes hurtful or mistreats another? When a friend abandons another in a time of need? Here, Suzanne Degges-White and Judy Pochel Van Tieghem explore such toxic friendships and how women navigate the ups and downs as well as how broken friendships can be mended and bad friendships ended. Explaining and illustrating the rules of friendship at various stages of life, the authors reveal what it takes to be a good friend, how to identify bad friends, and how to move forward when friendships turn sour. Vignettes of toxic friendship behaviors are shared as well as tips on how best to respond to these rule-breaking friends in order to rebuild damaged relationships, repair a friendship's foundation (when appropriate), and decide when it's time to let go of a relationship that is bringing you down versus keeping you afloat. Information for parents is also provided, to aid them as they help their daughters navigate their friendships. We all need friends, but knowing when and how to let go can help us all be better friends - to ourselves and to others.

Book Information

Audible Audio Edition

Listening Length: 9 hours and 24 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Vibrance Press

Audible.com Release Date: June 27, 2016

Language: English

ASIN: B01HINR23O

Best Sellers Rank: #554 in Books > Self-Help > Relationships > Friendship #896 in Books > Self-Help > Communication & Social Skills #1065 in Books > Self-Help > Relationships > Conflict Management

Customer Reviews

There are few areas more important than friendship yet, for the most part, we go through life with only the vaguest of guidelines about not only what makes them work but how and why friendship fails to blossom when that happens. We go through these painful moments often blaming ourselves without much objective perspective on what standards we can or should apply to the possibilities for trying one more time or âpacking inâTM efforts to keep a relationship going. This book provides

clear-cut, well-thought out guidelines and offers up templates for comparing and contrasting standards for evaluating whether friendships are salvage-able or not, once they have become difficult. The book offers a consistently compassionate and empathic perspective to help the reader develop their own standards for when enough is enough and when it makes sense to soldier on. The overall thrust of the bookâ€”even though it features how to deal with toxic friendshipsâ€”contains a thorough-going and insightful discussion of what good, healthy friendship is like. What are its characteristics? What can you expect from it? How can you identify and expand it? How can you participate in it in such a way as to keep it vibrant? This discussion is carried through on many dimensions. Including how friendship changes through the life cycle and how to balance what you give with what you receive as you go through the process of figuring out which friendships are most meaningful to you and which are expendable, or even destructive. The subject of friendshipâ€”toxic and healthyâ€”is under-discussed in our culture. I liken it to the subject of sibling relationships, another area that is not discussed often enough but influences most of our lives tremendously.

[Download to continue reading...](#)

Toxic Friendships: Knowing the Rules and Dealing with the Friends Who Break Them Toddlers Tantrums: Understanding and Dealing With Toddlers Tantrums Effectively (Toddlers Tantrums, Parenting, Motherhood, Dealing with Tantrums, Discipline, ... Childrens Behaviour, Potty Training,) Eco-Friendly Cleaning: Money Saving Solutions for a Clean, Green, All-Natural, Non-Toxic, Eco-Friendly Home (eco-friendly, sustainability, homesteading, ... natural cleaning, green home, non-toxic) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) The Break Up Manual for Men: How to Recover from a Serious Break Up, Become Stronger and Get Back into Life Mastering Conversational Hypnosis: Learn How to Influence and Persuade Someone Easily Without Them Knowing It California Rules of Court - State, 2015 ed. (Vol. I, California Court Rules) (California Rules of Court. State and Federal) Cold War Friendships: Korea, Vietnam, and Asian American Literature The Friendships of Women: The Beauty and Power of God's Plan for Us (Dee Brestin's Series) Stop Being Lonely: Three Simple Steps to Developing Close Friendships and Deep Relationships Friendships Don't Just Happen!: The Guide to Creating a Meaningful Circle of GirlFriends The Multidimensional Traveler: Finding Togetherness or How I Learned to Break the Rules of Physics and Sojourn Across Dimensions and Time Wake Up! Break Rules!: It's Time To Man Up & Live Your Destined Life Nine Rules to Break When Romancing a Rake (Love by Numbers Book 1) The Latinos of Asia: How Filipino Americans Break the Rules of Race True and Constant Friends: Love and Inspiration from Our Grandmothers, Mothers, and

Friends Jungle Jam and Friends: Wild Times in God's Creation (Audio Cassette) (Jungle Jam and Friends Radio Show) 101+ Great Ideas for Libraries and Friends: Marketing, Fundraising, Friends Development, and More Friends Forever: How Parents Can Help Their Kids Make and Keep Good Friends How Kids Make Friends: Secrets for Making Lots of Friends No Matter How Shy You Are

[Dmca](#)