



# Friendship Interrupted: Challenges and Practical Solutions: What You Can Do (Volume 1)

*Judy Dippel, Debra Whiting Alexander Ph.D.*

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Friendship Interrupted is for any woman who asks, "What happened to our friendship?" Like an adventurous and enlightening road trip with girlfriends, this book has unexpected curves and important discoveries. There is laughter ... and tears. In this book, the solutions to the umpteen things that can interrupt friendships are easy to find and easy to read. Reliable self-help advice in the "What you can do" sections are realistic and sensible. Importantly, the ultimate guidance of God's word and wisdom is blended throughout, to bring women much more than the authors or words written on a page can provide. Unlike most books on women's friendships that delight in the qualities that make a perfect friend, this book looks at a multitude of challenges women have identified as difficult, hurtful, confusing, or complex. These 'interruptions' can be temporary or become permanent; either way a rift or rupture of a valued friendship causes strain and strife that needs answers. The good news, changes and choices can be made to mend and maintain valued friendships, or know when it is best to simply "let go" and move on. This book has a fresh perspective that sheds new light on individual habits, actions and reactions, and those of others. The issues addressed are universal; the quotes from women are real, and the challenges they share range from mild to toxic. This book inspires, and it is a great help to women who want to be better equipped to respond in positive and healthy ways to their real-life friendship challenges: emotionally, mentally, physically, and spiritually. The following sections are found in each chapter: Candid quotes from women's lives introduce the variety of challenges. All are based on their friendship experiences, good and bad. The "Solution" section of each chapter offers professional insight and hands-on, practical strategies that bring new insights, and immediate help in changing unwanted habits. The bulleted action steps of "What You can Do" provide interesting choices that can be made to help minimize and prevent long-term difficulties over an issue with a friend. "When to Seek Further Help" is a checklist of behaviors that indicate when a woman may need more than this book can supply. "Soul Solutions" recognizes the ultimate guide for building and sustaining healthy relationships is in reliance on God's guidance and grace. In this section, scripture and prayer guides encourage women to seek God and his solutions. "Friend-to-Friend Activities: Creative and fun ideas to enrich and rekindle valued friendships. ENDORSEMENTS: "Lifeline of practical help for those of us living in a sea of relationships." -Pam Farrel, bestselling author of "Fantastic After 40." "Finally, a book that doesn't just put a Band-Aid on relationships." -Connie Pombo, speaker and author of "Trading Ashes for Roses." "Help with those friendship nightmares that leave us afraid to trust." -Brendan O'Rourke, Ph.D., author of "The Hope of a Homecoming." "Good girl-talk mixed with what often feels like professional therapy." -Ronna Miller, Director of Conferences, Mars Hill Graduate School "Principles to reconnect women whose friendship has been interrupted." -Kathy Pride, "Winning the Drug War at Home." "Encourages women to develop friendships that nurture their souls." -Poppy Smith, author of "I'm Too Human to be Like Jesus." "Honest, practical ... steps that are actually do-able for busy women." -Dorcas Smucker, author of "Ordinary Days." "A guide to maintaining one of life's greatest gifts; a good friend." -Janice Carr, Production Coordinator, ABC TV

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