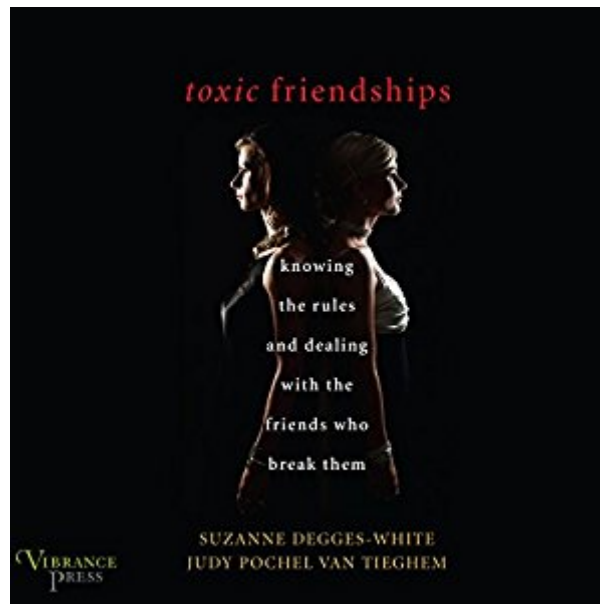


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# Toxic Friendships: Knowing The Rules And Dealing With The Friends Who Break Them



## 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

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## 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<sup>TM</sup> 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.

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