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Friendship For Grown-Ups: What I Missed And Learned Along The Way



Synopsis

Do you long for a true friend? "Isn't that what we all want? To be seen, in all our glory, for better or worse, the good, the bad, and the ugly and still be embraced?" If only such friendships were easy to find. And keep. For Lisa Whelchel and millions of others, friendship is a challenge. The vulnerability, trust, balance, grace, and time required to develop and maintain strong friendships do not come easily. Growing up as an actress in Hollywood, there were few people Lisa could trust, and even fewer to guide her. By the time she reached adulthood, she had learned to be self-sufficient. She was strong, she was "safe," and she was lonely. One day, Lisa found that "the desire to experience connection was stronger than the desire to be safe." She determined right then to finally understand friendship: how to create one, sustain it, and experience the sheer joy of having it. But it wasn't easy. Since then, she has traveled the ups and downs of friendship, learning about herself, others, and the kinds of friendship God designed. A speaker, teacher, and compelling storyteller, Lisa writes from her heart and her head, sharing her story and helping women understand how to cope with the strengths and weaknesses of friendship, and basing all her advice on the foundation of our ultimate relationship with the Savior.

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Customer Reviews

Very healing book. Lisa explained something that happened to her that is nearly identical to how a close friend that I trusted once treated me. It was almost like she was reading my mind as she wrote this book. I feel so much lighter knowing I am not the only one who had experienced. For me, no man has ever, ever been able to inflict the deep wounds on me that my girlfriends either have or have the potential to. Wow. So powerful to write about a topic that no one seems to talk about...the elephant in the room that we ladies know is there and want to talk about. Thank you Lisa for also reminding Christian ladies that Jesus is the best friend we'll ever have to begin with.

Every girl from 13-90 can walk away with at least one new friendship tool to help build healthy relationships after reading Lisa's book. In our society of "mean girls", whether we are in junior high or simply a soccer mom or a busy career woman, we all need friendship based on trust and love. Sometimes finding those friends we feel safe with is difficult, if not impossible. By Lisa sharing part of her journey and her strong faith, I'm certain with God's divine intervention, I too will find that circle of friends I've desperately needed for so long.

This next book, words are not enough to describe how grateful I am towards the Author of this book. From the first page I started highlighting. It is as though the author opened up my life and wrote everything that had been happening to me recently. Nearly every single chapter has pages and pages all highlighted with comments. This passage best explains what I have learnt: The sin in this instance is the sin of my vulnerability and doubting my worthiness.

I admire Lisa Whelchel a good deal. Her books are written on a personal level and I always feel like I'm getting intimate advice from a friend. This book hit home for many reasons, but none that were exactly as Lisa experienced. That's why I think she's so anointed and adept at writing. I had very different experiences with friendships, but am struggling just the same. I was able to read this and apply it to my experiences and friendships and improve upon them even though the situations were very different. Well done and thank you for sharing.

I loved it. She was real and honest and so open about her relationships. It blessed me tremendously to know that I'm not the only one who goes through feelings like these. I loves how she addressed breaking down walls and the importance of being honest with each other. Great read and great friendship advice!

I am reading this book now - half way through and recommend it to women who shy away from other women...because of lack of time, energy or being burned by past disappointments with friendships - Lisa writes with candor and truth, no sugar-coating need or shame here - we all need people in our lives who will listen, keep secrets, who can receive our friendship from us and enjoy life together. I encourage Bible study groups to check this book out and build a 4-5 week study around it.

Read this with a faith group where we discussed it. Author's experience many of us could identify with -- struggling with friendships and finding out way -- whether we had a typical youth and growing up, or if we were, like the author, immersed in an adult world as a girl and young woman. Very readable, encouraging, delightful.

Lisa is very sweet. I enjoyed her book, but I would have liked more general friendship advice. She focused too much on her own personal experience.

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