

Friendfluence The Surprising Ways Friends Make Us Who We Are

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 Who Do You Think You Are?

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When Friendship Hurts Penguin

With the constant connectivity of today's world, it's never been easier to meet people and make new friends—but it's never been harder to form meaningful friendships. In *Frientimacy*, award-winning speaker Shasta Nelson shows how anyone can form stronger, more meaningful friendships, marked by a level of trust she calls "frientimacy." Shasta explores the ten most common complaints and conflicts facing female friendships today, and lays out strategies for overcoming these pitfalls to create deeper, supportive relationships that last for the long-term. Shasta is the founder of girlfriendcircles.com, a community of women seeking stronger, more fulfilling friendships, and the author of *Friendships Don't Just Happen*. In *Frientimacy*, she teaches readers to reject the impulse to pull away from friendships that aren't instantly and constantly gratifying. With a warm, engaging, and inspiring voice, she shows how friendships built on dedication and commitment can lead to enriched relationships, stronger and more meaningful ties, and an overall increase in mental health. The Intimacy Gap is more than just a call for deeper connection between friends; it's a roadmap for moving from friendship to frientimacy—and the meaningful and satisfying relationships that come with it.

Toxic Friendships Lulu.com

In this new accessible philosophy of friendship, Mark Vernon links the resources of the philosophical tradition with numerous illustrations from modern

culture to ask what friendship is, how it relates to sex, work, politics and spirituality. Unusually, he argues that Plato and Nietzsche, as much as Aristotle and Aelred, should be put centre stage. Their penetrating and occasionally tough insights are invaluable if friendship is to be a full, not merely sentimental, way of life for today.

The Compassionate Instinct: The Science of Human Goodness W. W. Norton & Company

The perfect anti-valentine: a whirlwind tour through love's most crushing moments What's the best way to mend a broken heart? Forget ice cream, wine, and sappy movies. Journalist Meghan Laslocky advises: Read through the pain. From forbidden love in 12th century Paris to the art of crafting the perfect "I'm over you" mix, *The Little Book of Heartbreak* is a quirky exploration of all things lovelorn, including: • How serial cheater Ernest Hemingway stole his wife's job just as their marriage was collapsing • Kinky spells cast by lovesick men in ancient Greece • Painter Oscar Kokoschka's attempt to get over an ex by creating (and having liaisons with!) her life-size replica • Brooding crooner Morrissey's personal creed about how romantic love is useless • The surprising science behind heartbreak and love addiction • The connection between World War II and what you talk about with your therapist • Insights into the tricky chemistry of monogamy and infidelity, courtesy of tiny rodents • And other lessons learned from ill-fated romances, lovers' quarrels, and hell-hath-no-fury spats throughout the ages Featuring anecdotes from history, literature, culture, art and music, *The Little Book of Heartbreak* shares the entertaining, empowering and occasionally absurd things that happen when love is on its last legs.

Little Things Long Remembered Weiser Books

Packed with research, insights, and illuminating (and often funny) examples from Paris's own divorce experience, this book is a "practical and

reassuring guide to parting well.” —Gretchen Rubin, author of *The Happiness Project* Engaging and revolutionary, filled with wit, searing honesty, and intimate interviews, *Splitopia* is a call for a saner, more civil kind of divorce. As Paris reveals, divorce has improved dramatically in recent decades due to changes in laws and family structures, advances in psychology and child development, and a new understanding of the importance of the father. Positive psychology expert and author of *Happier*, Tal Ben-Shahar, writes that Paris’s “personal insights, stories, and research” create “a smart and interesting guide that can be extremely helpful for those going through divorce.” Reading this book can be the difference between an expensive, ugly battle and a decent divorce, between children sucked under by conflict or happy, healthy kids. This is “a compelling case that it’s high time for a new definition of Happily Ever After—for everyone” (Brigid Schulte, author of *Overwhelmed: Work, Love, and Play When No One Has the Time*).

[Splitopia](#) Penguin

Updated for today’s readers, Dale Carnegie’s timeless bestseller *How to Win Friends and Influence People* is a classic that has improved and transformed the professional and personal and lives of millions. One of the best-known motivational guides in history, Dale Carnegie’s groundbreaking book has sold tens of millions of copies, been translated into almost every known language, and has helped countless people succeed. Originally published during the depths of the Great Depression—and equally valuable during booming economies or hard times—Carnegie’s rock-solid, time-tested advice has carried countless people up the ladder of success in their professional and personal lives. *How to Win Friends and Influence People* teaches you: -How to communicate effectively -How to make people like you -How to increase your ability to get things done -How to get others to see your side -How to become a more effective leader -How to successfully navigate almost any social situation -And so much more! Achieve your maximum potential with this updated version of a classic—a must-read for the 21st century.

[The Karma Queens' Guide to Relationships](#) Anchor

Genius. The word connotes an almost unworldly power: the power to create, to grasp universal secrets, even to destroy. As renowned intellectual historian Darrin McMahon explains in *Divine Fury*, the concept of genius can be traced back to antiquity, when men of great insight were thought to be advised by demons. The modern idea of genius emerged in tension with a growing belief in human equality; contesting the notion that all are created equal, geniuses served to dramatize the exception of extraordinary individuals not governed by ordinary laws. Today, the idea of genius has become cheapened—rock stars and football coaches earn the term with seemingly the same ease as astrophysicists and philosophers—yet our enduring fascination with it reflects the desires, needs, and fears of ordinary human beings. The first comprehensive history of this mysterious yet foundational concept, *Divine Fury* follows the fortunes of genius from Socrates to Napoleon to Einstein and beyond, analyzing its democratization, disappearance, and potential rebirth.

[Living Independently on the Autism Spectrum](#) Random House Trade Paperbacks

Interviews, letters, and memoirs explore the lives and writings of beat authors such as Jack Kerouac, Allen Ginsberg, and William Burroughs.

[The Beat Vision](#) JHU Press

Men, jobs, children, personal crises, irreconcilable social gaps—these are just a few of the strange and confusing reasons which may cause a female friendship to end. No matter the cause, the breakup of a female friendship leaves a woman devastated and asking herself difficult questions. Was someone to blame? Is the friendship worth fighting for? How can I prevent this from ever happening again? Even more upsetting is that women suffering from broken friendships often have no one to confide in; while the loss of a romantic partner garners sympathy among peers, discussing the loss of a platonic friend is often impossible without making other friends jealous or uncomfortable. Written by journalist and psychologist Irene Levine, Ph.D., *Best Friends Forever* is an uplifting and heroically honest book for abandoned friends seeking solace. Dr. Levine draws from the personal testimonials of thousands of women to provide anecdotes and groundbreaking solutions to these complicated situations. Offering tools for personal assessment, case stories, and actionable advice for saving, ending, or re-evaluating a relationship, Levine shows that breakups are sometimes inevitable. Although the dissolution of female friendships can be difficult, *Best Friends Forever* teaches women to stop blaming themselves and probing the wounds, and that the sad experience of a broken friendship can make them stronger people, and more able to handle their relationships with wisdom.

[Let's Take the Long Way Home](#) HarperCollins

An international TED Talk speaker, Tony Porter challenges manhood and male socialization, which he defines as the “man box.” Tony Porter works closely with the NFL, the NBA, the MLB, the US military, colleges, universities, and numerous other organizations to prevent violence against women and girls by promoting healthy, respectful manhood. Now, in *Breaking Out of the “Man Box”* Porter’s message is directed at all men. This book tackles the collective socialization of manhood and provides an in-depth look at the experiences of boys and men. In an effort to understand the many aspects of “what it means to be a man,” Porter suggests the topic is worthy of being rethought, challenged, and even redefined. This book will help men—fathers, husbands, brothers, coworkers, etc.—unpack and correct those realities. *Breaking Out of the “Man Box”* boldly exposes the connection between male socialization and the quest to end violence against women and girls. Porter provides an honest and transformative experience, empowering men to create a world where men and boys are loving and respectful—and a human race where women and girls are valued and safe. On the heels of national movements and initiatives such as the NFL’s NoMore.org, this book provides men with the knowledge and understanding to explore how to create that world.

[The Feminist's Guide to Raising a Little Princess](#) Rowman & Littlefield

Told with warmth as well as rigor, an invaluable book that not only illuminates and interprets the science of friendship but will help you wisely navigate your present and future friendships. “Timely, savvy, and judicious... Awash in arresting insights with practical implications, many of them counter-intuitive.” —The Huffington Post Just as the role of friends is expanding in our culture, *Friendfluence* explores their powerful and often under-appreciated influence on our personalities, habits, physical health, and even our chances of success in life. In this fascinating book, packed with the latest research findings, Carlin Flora traces friendship from its evolutionary roots to its starring role in childhood and adolescence to its subtle (and sometimes not-so-subtle) impact on adults—both positive and negative, online and offline.

[The Myth of the Perfect Girl](#) Abrams

“I wish I'd had this book when I needed it. Death and dying are not subjects that many people are comfortable talking about, but it's hugely important to be as prepared as you can be - emotionally, physically, practically, financially, and spiritually. This book may be the most important guide you could have.” - Elizabeth Gilbert, author of *Eat Pray Love* _____ The end of a life can often feel like a traumatic, chaotic and inhuman experience. In this reassuring and inspiring book, palliative care physician Dr BJ Miller and writer Shoshana Berger provide a vision for rethinking and navigating this universal process. There are plenty of self-help books for mourners, but nothing in the way of a modern, approachable and above all useful field guide for the living. And all of us - young, old, sick and well - could use the help. After all, pregnant couples have ample resources available to them as they prepare to bring a new life into the world: Lamaze courses, elaborate birth plans, tons of manuals. Why don't we have a *What to Expect When You're Expecting to Die* book? An accessible, beautifully designed and illustrated companion, *A Beginner's Guide to the End* offers a clear-eyed and compassionate survey of the most pressing issues that come up when one is dying, and will bring optimism and practical guidance to empower readers with the knowledge, resources and tools they'll need to die better, maybe even with triumph.

[With Friends Like These](#) Penguin

‘Powerful, humane and wise’ JULIA SAMUEL ‘Everyone should read it’ NIGELLA LAWSON ‘Beautiful ... This is a book for everyone. You feel held by it’

PHILIPPA PERRY Most of us have a conversation we’re avoiding.

Listen: [How to Find the Words for Tender Conversations](#) Penguin

For readers of Atul Gawande and Paul Kalanithi, a palliative care doctor’s breathtaking stories from 30 years spent caring for the dying. Modern medical technology is allowing us to live longer and fuller lives than ever before. And for the most part, that is good news. But with changes in the way we understand medicine come changes in the way we understand death. Once a familiar, peaceful, and gentle -- if sorrowful -- transition, death has come to be something from which we shield our eyes, as we prefer to fight desperately against it rather than accept its inevitability. Dr. Kathryn Mannix has studied and practiced palliative care for thirty years. In *With the End in Mind*, she shares beautifully crafted stories from a lifetime of caring for the dying, and makes a compelling case for the therapeutic power of approaching death not with trepidation, but with openness, clarity, and understanding. Weaving the details of her own experiences as a caregiver through stories of her patients, their families, and their distinctive lives, Dr. Mannix reacquaints us with the universal, but deeply personal, process of dying. With insightful meditations on life, death, and the space between them, *With the End in Mind* describes the possibility of meeting death gently, with forethought and preparation, and shows the unexpected beauty, dignity, and profound humanity of life coming to an end.

[Friendkeeping](#) Simon and Schuster

In 1665 a box from London brought more than cloth from plague-ridden London to the quiet village of Eyam in Derbyshire. For the next year the villagers had to learn to live with a silent enemy. ‘Three’ tells the story of three very different women in their courageous attempts to keep themselves and their loved ones alive as Eyam closed its doors to the outside world, instead facing the insipid danger alone. Emmott Sydell, Catherine Mompesson and Elizabeth Hancock were each determined to live and the courage each of them found was as unique as the women themselves. Will 1666 bring salvation? This work of historical fiction, written during a pandemic whilst reflecting on another, fuses creative imagining with historical fact to bring three female protagonists to life...

[Divine Fury](#) Basic Books

In 1961, a Strategic Air Command bomber, a B-52, disintegrated in mid-air near Seymour Johnson Air Force Base, North Carolina. Two H-bombs, each hundreds of times more powerful than the Hiroshima bomb, were thrown out, and started the arming process. This is the true story of that mission and the aftermath that could have been the worst man-made disaster in history. Eye-witnesses to the crash have unique stories to tell, as well as the last surviving crew member who made a miraculous escape, without an ejection seat. Also included is the story of the man who deactivated both 3.8 megaton bombs. And part of one of the bombs is still buried there, in a field near Faro, North Carolina.

[A Beginner's Guide to the End](#) Chronicle Books

[Friendfluence](#)Anchor

[Angels 101](#) Simon and Schuster

Not all friendships are meant to last forever. There can be so much good, so much power, so much love in female friendships. But there is also a dark side of pain and loss. And surrounding that dark side there is often silence. There is shame, the haunting feeling that the loss of a friendship is a reflection of our own worth and capacity to be loved. *My Other Ex: Women's True Stories of Losing and Leaving Friends* is a step toward breaking that silence. The brave writers in this engrossing, diverse collection of 35 essays tell their own unique stories of failed friendships and remind us of the universality of loss.

Springer

Look out for Julie's new book, *The Almost Legendary Morris Sisters*. From New York Times bestselling memoirist Julie Klam, a funny and affecting look at friendship in an age of isolation. Facebook says you have hundreds of friends. So why can you name only two? Friendship today is more confusing than ever, and yet having someone to lean on and confide in is increasingly more important. Enter bestselling author Julie Klam, an expert on friendship—online and off—if there ever was one. With humor and warmth, Klam shares stories that get to the heart of modern friendships, drawing in particular on her relationships with her four closest friends. From the relative value of secrets to the comfort of a confidant, from exciting social media friends to the ones who come to your party or meet you for lunch or go with you to a horrible doctor’s appointment, Klam explores every facet of modern friendship and peppers her stories with suggestions on how to make the most of it, and when to walk away. The result is a guide to making and keeping friendships that can stand the test of time. Delivered in Klam’s inimitable, disarmingly accessible, and uproariously funny voice, *Friendkeeping* is a tribute to the powerful bonds we have with our friends and the singular joy these relationships create in our lives.

[The Little Book of Heartbreak](#) Abrams

Outlines a less invasive, more humane approach to end-of-life care, sharing the stories of the author's parents and explaining the political and technological factors that are interfering with patient preferences.

Friendfluence Penguin

Presents five hundred simple and inexpensive ideas for strengthening family ties and fostering lasting traditions