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When Friendship Hurts: How to Deal with Friends Who Betray, Abandon, or Wound You

Jan Yager

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When Friendship Hurts: How to Deal with Friends Who Betray, Abandon, or Wound You Jan Yager **"WITH A NEW INTRODUCTION"**

"HOW COULD YOU DO THAT TO ME?"

We've all had friendships that have gone bad. Whether it takes the form of a simple yet inexplicable estrangement or a devastating betrayal, a failed friendship can make your life miserable, threaten your success at work or school, and even undermine your romantic relationships.

Finally there is help. In *When Friendship Hurts,* Jan Yager, recognized internationally as a leading expert on friendship, explores what causes friendships to falter and explains how to mend them -- or end them. In this straightforward, illuminating book filled with dozens of quizzes and real-life examples, Yager covers all the bases, including:

The twenty-one types of negative friends -- a rogues' gallery featuring such familiar types as the Blood-sucker, the Fault-finder, the Promise Breaker, and the Copycat

How to recognize destructive friends as well as how to find ideal ones

The e-mail effect -- how electronic communication has changed friendships for both the better and the worse

The misuse of friendship at work -- how to deal with a co-worker's lies, deceit, or attempts at revenge

How to stop obsessing about a failed friendship

And much more

The first highly prescriptive book to focus on the complexities of friendship, *When Friendship Hurts* demonstrates how, why, and when to let go of bad friends and how to develop the positive friendships that enrich our lives on every level. For everyone who has ever wondered about friends who betray, hurt, or reject them, this authoritative book provides invaluable insights and advice to resolve the problem once and for all.

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Susan Velez:

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