



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

By Jan Yager

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"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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Editorial Review

Amazon.com Review

Does anything hurt worse than betrayal by a close friend? Sociologist and friendship expert Jan Yager (*Friendshifts: The Power of Friendship and How It Shapes Our Lives*) explores failed, hurtful, and destructive friendships in *When Friendship Hurts*.

The book describes 21 types of potentially negative friends. The "Rival," for example, is envious to the point of malice. The "Blood-sucker" expects you to be there every moment. The "Controller" must be in charge of everything, from where you meet for lunch to whom you date. Yager lays out strategies for dealing with the problems when you want to keep the friendship, while also warning about extreme behavior and discussing triggers that lead to friendship conflicts, such as jealousy, anger, and change (of marital status or job, for example). Yager also guides you to examine your own destructive or harmful traits and recognize patterns in your family background that affect your friendships.

Overall, this book will help you learn how to deal with destructive friendships--when and how to save them, when and how to end them, and how to cope when a business friendship goes wrong. Yager, who has appeared on *Oprah* and other TV programs, also encourages you to celebrate the joys of positive friendships.
--Joan Price

From Publishers Weekly

Sociologist Yager (*Friendshifts*) has been studying and writing about friendship since the 1980s. Drawing on the results of 180 questionnaires, as well as earlier studies she conducted, Yager focuses here on what to do when friendships go bad. Successful friendships, according to Yager, are marked by trust, honesty, empathy and commonality characteristics that may be compromised when a once-supportive relationship turns sour. When this happens as it inevitably does in the course of one's life friends may become self-absorbed, overly dependent, highly critical or even betray one another. Underlying childhood issues, such as low self-esteem, intense sibling rivalry and abusive parenting often prevent adults from forming satisfactory friendships. The author outlines a variety of coping techniques that committed friends can follow as they work through negative patterns that are eroding their relationship. She also explains how to recognize a friendship that is so destructive it must be ended (e.g., if a friend isn't there for you when your parent dies, it's a sign the friendship's over), how to actually end the friendship (try saying "I'm busy" when the friend asks to get together), how to detect "harmful" people before you become friends with them (examples are the "taker" and the "one-upper") and how to deal with friendships at work (Yager is convinced these friendships should remain casual). This valuable book will be a rescuer to all readers struggling to deal with an ailing friendship.

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About the Author

Jan Yager, Ph.D., is a sociologist and the author of *Friendshifts®: The Power of Friendship and How It Shapes Our Lives*. Recognized as the number one expert on friendship in the country, she has been seen and heard on *Oprah*, *The View*, *The O'Reilly Factor*, and *NPR*, as well as on numerous other national television and radio programs. She lives in Fairfield County, Connecticut.

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Leta Welter:

Typically the book When Friendship Hurts: How to Deal with Friends Who Betray, Abandon, or Wound You will bring one to the new experience of reading some sort of book. The author style to spell out the idea is very unique. Should you try to find new book to learn, this book very appropriate to you. The book When Friendship Hurts: How to Deal with Friends Who Betray, Abandon, or Wound You is much recommended to you to see. You can also get the e-book from the official web site, so you can easier to read the book.

Kim Duncan:

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