



Surviving Female Friendships: The Good, the Bad, and the Ugly

By Nicole Zangara

Brighton Publishing LLC. Paperback. Condition: New. 202 pages. Dimensions: 8.4in. x 5.5in. x 0.7in. Married men live longer than single men. That's a fact. But marriage doesn't seem to play a role in women's life expectancy. However, women with strong, long-lasting female social relationships are likely to live years longer than those without. If you rely on your female friends to help you decide what to wear to land the perfect job, advise you how to get your newborn to sleep at 3 a. m., confide in you with their closest secrets, that not only improves the quality of your life, but also the longevity of it. So why, then, is that friend so hard to find? And why is she so hard to keep these days? As the second decade of the 21st Century accelerates full speed ahead, more and more women are finding that their fast-paced lifestyles are leaving important casualties in their wakes—especially friendships. Increasingly, women bemoan learning of friends' engagements on Facebook rather than in-person or by telephone. Or they may experience the dull ache of being texted pictures from an event they weren't invited to. Nicole Zangara has learned much about women who find building...

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