

Frenemies: What to Do When Friends Turn Mean



Frenemies: What to Do When Friends Turn Mean

by Hayley DiMarco

★★★★☆ 4 out of 5

Language	: English
File size	: 1407 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 144 pages
Lending	: Enabled



Frenemies are people who pretend to be your friend, but who are actually secretly jealous or competitive with you. They may say nice things to your face, but behind your back they're spreading rumors or trying to sabotage your relationships. Frenemies can be very damaging to your self-esteem and your mental health.

If you think you have a frenemy, it's important to take steps to protect yourself. Here are a few tips:

- **Set boundaries.** Let your frenemy know that you're not going to tolerate their negative behavior. Tell them that you won't listen to gossip or rumors, and that you won't let them disrespect you.

- **Limit your contact.** If possible, limit your contact with your frenemy. This will give you some space to heal and to rebuild your self-esteem.
- **Talk to someone you trust.** Talking to a friend, family member, or therapist can help you to process your feelings and to develop strategies for dealing with your frenemy.

It's important to remember that you're not alone. Many people have been hurt by frenemies. With the right help and support, you can overcome the pain and the betrayal, and you can build stronger, healthier relationships.

Frenemies: What to Do When Friends Turn Mean

By [Author's Name]

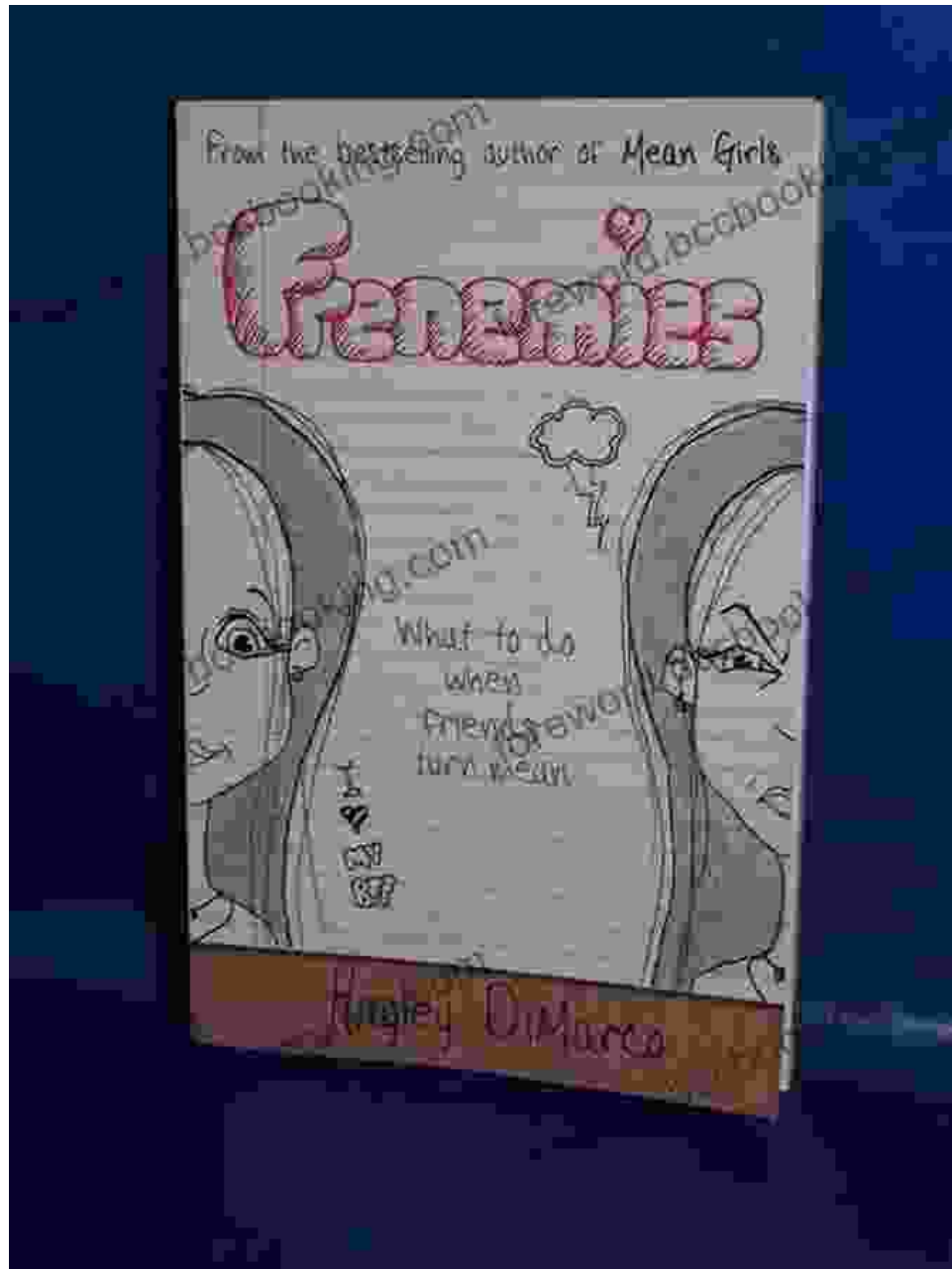
Frenemies: What to Do When Friends Turn Mean is a must-read for anyone who has ever been betrayed by a friend. This book provides practical advice on how to deal with the hurt, anger, and confusion that comes with having a friend turn against you.

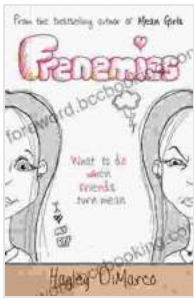
In this book, [Author's Name] draws on her own personal experience of being betrayed by a friend to provide readers with a step-by-step guide to healing from the pain of betrayal. She covers topics such as:

- How to identify the signs of a frenemy
- How to deal with the hurt and anger of betrayal
- How to set boundaries with frenemies
- How to move on from a friendship that has turned sour

Frenemies: What to Do When Friends Turn Mean is a compassionate and supportive guide for anyone who has been betrayed by a friend. This book will help you to understand what happened, to heal from the pain, and to move on to healthier relationships.

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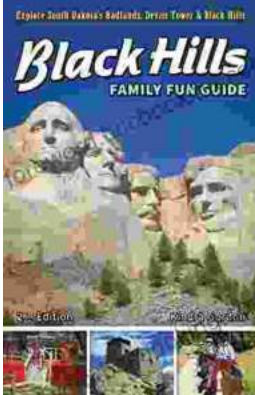


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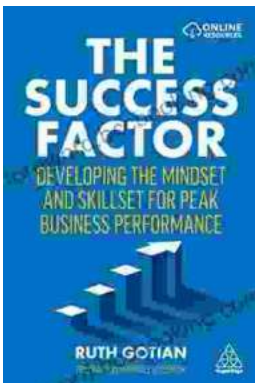
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