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Titolo	Toxic friendships : knowing the rules and dealing with the friends who break them // Suzanne Degges-White and Judy Pochel Van Tieghem
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Nota di contenuto	Contents; Acknowledgments; Preface; Part I: Understanding the Need for Social Connection; 1 The Need for Community; 2 Friendship Patterns from Girlhood through Older Adulthood; Part II: The Rules of Friendship and Their Role in Relationships; 3 It's a Matter of Trust; 4 Just the Way You Are; 5 Any Friend of Hers Is a Friend of Mine; 6 Being There with Emotional Support; 7 A Friend in Need; 8 Keep the "Friendship Favors" Balance in Check; 9 Defending Your Honor; 10 Bring Joy to Your Friends; 11 Criticism Is Not Okay; 12 Jealousy Is Not Okay; 13 A Rule-by-Rule Guide for Parents Part III: Toxic Environments Outside the Home 14 Soccer Moms and Carpool Divas; 15 Church and Civic Group Friends; 16 Down the Street and on the Job: Getting Along with Neighbors and Coworkers; Part IV: Taking Stock and Cutting Back; 17 Playing by the Rules; 18 Writing Your Own Rules of Relationship; 19 Taking Stock and Letting Go; Notes; Bibliography; Index; About the Authors
Sommario/riassunto	<span><span>Addressing ten basic rules of friendship, this book provides perspectives on dealing with toxic friends who break these rules. Self-exploration exercises are included to help readers develop healthy, satisfying boundaries and friendships.</span></span>