



# The Girlfriends Guidebook: Navigating Female Friendships

*Marian Jordan*

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## **The Girlfriends Guidebook: Navigating Female Friendships** Marian Jordan

*What am I supposed to do when my friend is giving me the silent treatment and I don't know why? How am I supposed to react when it feels like middle school, and I'm the girl not picked to sit at the lunch table?*

While there are ample books for women on dating, career, marriage, and motherhood, less prevalent are thoughtful writings about the everyday handling of female friendships. Inspired by the highs and lows of a backpacking trip across Europe with four gal pals, Marian Jordan's *The Girlfriends Guidebook* charts a winning pathway through "jealousy, competition, control, anger, manipulation, and resentment-just to name a few less than cuddly aspects of our personalities."

Informed by her faith, Marian encourages deeper friendships built on Christlike honesty and love, emphasizing the development of such qualities as loyalty, trustworthiness, compassion, and forgiveness. Jordan also makes it clear that *The Girlfriends Guidebook* should be read first with one's self in mind... recognizing that when we are freed from our own emotional baggage we will really be able to enjoy the journey!

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