



Frientimacy: How to Deepen Friendships for Lifelong Health and Happiness

Shasta Nelson

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With the constant connectivity of today's world, it's never been easier to meet people and make new friends—but it's never been harder to form meaningful friendships.

In *Frientimacy*, award-winning speaker Shasta Nelson shows how anyone can form stronger, more meaningful friendships, marked by a level of trust she calls “frientimacy.” Shasta explores the ten most common complaints and conflicts facing female friendships today, and lays out strategies for overcoming these pitfalls to create deeper, supportive relationships that last for the long-term.

Shasta is the founder of girlfriendcircles.com, a community of women seeking stronger, more fulfilling friendships, and the author of *Friendships Don't Just Happen*. In *Frientimacy*, she teaches readers to reject the impulse to pull away from friendships that aren't instantly and constantly gratifying. With a warm, engaging, and inspiring voice, she shows how friendships built on dedication and commitment can lead to enriched relationships, stronger and more meaningful ties, and an overall increase in mental health.

The Intimacy Gap is more than just a call for deeper connection between friends; it's a roadmap for moving from friendship to frientimacy—and the meaningful and satisfying relationships that come with it.

Frientimacy: How to Deepen Friendships for Lifelong Health and Happiness Details

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From Reader Review Frientimacy: How to Deepen Friendships for Lifelong Health and Happiness for online ebook

Michelle says

This was by far the best, most insightful, most practical book I have ever read on the topic of friendship. I read it on kindle but will be ordering a hard copy, it's just that good.

Jen Melham says

There's some good ideas here, but the book was just so repetitive and frankly, too "Pollyanna" for me. That being said though, I do recommend giving it a shot if you're struggling to maintain close relationships with your current friends.

Also, I do not recommend listening to it on audiobook. The narrator was very articulate but SO monotone! It made it hard to get through.

Afton Rorvik says

Shasta Nelson, the founder and CEO of GirlFriendCircles.Com, writes about creating deep, honest, lasting friendships between women, a term she calls frientimacy. She provides a lot of practical suggestions, based on research and story, and she offers readers questions for reflection as well as tips to try out her suggestions. Each chapter ends with bullet point summaries.

Lots to mull over after reading this book, including this great quotation from page 51: "Vulnerability without commitment is simply a train wreck with witnesses."

The editor in me wanted to organize the book differently. Ha! It felt jam-packed with good information but just didn't provide good hooks for remembering all of the information.

Cindy says

I think this book aids in awareness in what's potentially holding you back from having better friendships and relationships. It reiterates concepts I've learned from other help books such as reflect and name emotions. But what I appreciated the most were the questions, examples, and real-life ways you could take action.

Erin says

Here is a summary of what the book is about. With the constant connectivity of today's world, it's never been easier to meet people and make new friends-but it's never been harder to form meaningful friendships.

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meaningful friendships, marked by a level of trust she calls "frientimacy." Shasta explores the ten most common complaints and conflicts facing female friendships today, and lays out strategies for overcoming these pitfalls to create deeper, supportive relationships that last for the long-term.

In Frientimacy, she teaches readers to reject the impulse to pull away from friendships that aren't instantly and constantly gratifying. With a warm, engaging, and inspiring voice, she shows how friendships built on dedication and commitment can lead to enriched relationships, stronger and more meaningful ties, and an overall increase in mental health.

The Intimacy Gap is more than just a call for deeper connection between friends; it's a roadmap for moving from friendship to frientimacy-and the meaningful and satisfying relationships that come with it.

I found this book to be very informative.

If you want to have a deeper connection with your friends you should read this book. I would recommend it.

Looking forward to reading more books by this author.

Happy Reading Everyone!

Ashley says

I heard this author interviewed on a podcast and was interested in reading more of her research on healthy friendships. This book surprised me - I learned a lot and gained some helpful tools for understanding myself and people and relationships vs. friendships. I like her definition of friendship - a relationship where two people BOTH feel seen, safe and satisfied. She says positivity (meaning the benefits of the relationship to both) must outweigh the negative (costs/drains) 5:1 in order to form the foundation of a real FRIENDship, and then consistency and vulnerability should grow proportionally from that foundation. She categorizes friends as casual, common, and confirmed. The chapters on jealousy and envy are awesome. She quoted the Peck article we read at the assessment center, on stages of community. I think she is well read and researched and has presented helpful info in a usable way, that isn't too basic to be profoundly simple or simply profound, for most of us.

Wendy Hall says

I am not sure that I have ever "studied" friendship before, but I found this book to be a very positive experience to work through with a small group of my friends. It was helpful, informative, and a good foundation for discussion.

Stacey says

I bought this book after I heard the author speak on a podcast. I liked the nutshell version on the podcast more than I liked the actual book. The book read to me like a long drawn out research paper. I normally don't

mind research-heavy books but I had to keep putting this one down and would return to it several months later. For me the highlight of the book was that every friendship needs positivity, consistency and some level of vulnerability. It gave words to a few of my friendships that have faded and helped me to understand why that happens. This book could be helpful for those that work with groups of women high school aged, college, and beyond because let's face it friendships don't always get easier or happen automatically as we get older.

Ann says

I was at a conference and they recommended this book. It may have been oversold and the speaker talked about being able to connect with anyone using this book. I was looking more for a book to connect immediately with an audience than with any potential friend.

I felt 90% of the book was common sense with the remaining 10% containing some interesting statistics and tidbits on deepening friendships.

Kristina Burke says

Great information. Got a little slow and repetitive in the middle which made it hard to get through. But a lot of good and useful information.

Gwendolyn says

I listened to this as an audiobook, and I appreciated the messages in the book. I understand the importance of deepening friendships, and I hope to take steps in that direction after reading this book. My problem is that there's just not enough time to juggle full-time work and kids while also maintaining "consistency" with friendships ("consistency" is one of the three pillars of deep friendships described in the book). So, although I found some helpful ideas in this book, the book can't solve my fundamental obstacle to deepening friendships at this time of life.

Juanita says

I really thought this was going to be cheesy and fluffy and not very substantive. I was pleasantly surprised by how much I got out of it. Makes me want to read her previous book.

Esther says

Wow. This book was AMAZING. As in, I was looking forward to reading it and thought it would have some

useful information and reflections for me. But I didn't expect it to be so well-written, so richly detailed, so thought-provoking and informative, and so helpful to me in my approach to friendships.

HIGHLY recommended. Especially if you're tempted to think, "I just haven't found the right friends yet," or, "Everyone around me already has all the friends they need." And if you feel like you're not good enough for friends. And if you've been hurt by friendships before and wonder if you can ever trust people again, or whether there's really anyone good enough to be your friend. And if you know you've got some decent friendships, but wish you saw them more often, or that you could open up to each other a little more, or that your interactions could be more positive and less draining.

While I'm at it, I'm just going to recommend this book to every. Woman. Ever. Because we can all have deeper, richer, more satisfying friendships. And friendships are soooo good for us, and so important, not an optional extra.

Note: This book is definitely written for women, and with a bias towards friendships between women. But I think a lot of what's here would be useful for other friendships too.

Anna Ware says

This is really a book about so much more than friendship. It's a book about building resilience and confidence, trusting people, thinking positively, being honest, knowing yourself and valuing people above work and material possessions. It opened my eyes to so much more than just friendship.

Renee Davis Meyer says

I used this book for a breakout about healthy relationships I did at a retreat for college students. Shasta has an excellent framework both for evaluating our friendships, and for growing as a friend. I think this is a book I will continue to come back to.
