



## Heart Sisters: Be the Friend You Want to Have

*Natalie Chambers Snapp*

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## **Heart Sisters: Be the Friend You Want to Have** Natalie Chambers Snapp

Friendships with other women are as important to our mental, physical, and spiritual health as rest, exercise, and prayer. We don't just want friends--we need friends. Yet sometimes they can be as difficult as singing a song without the lyrics.

If you've ever been hurt by a friend, struggled to balance friendship with everyday life, or seen a friendship end too early, *Heart Sisters* will help you:

- Overcome your fear of being hurt by other women,
- Practically examine issues so you can work your way through conflicts,
- Recognize when it's time to establish healthy--and holy--boundaries,
- Get right with God so you can get right with others, and
- Discover the secret to authentic friendships.

With discussion questions and real-life examples, *Heart Sisters* will help you be the friend you want to have.

## **Heart Sisters: Be the Friend You Want to Have Details**

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Author : Natalie Chambers Snapp

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## From Reader Review Heart Sisters: Be the Friend You Want to Have for online ebook

### Rosie says

A touching, truth-filled, non-fiction release!

Oh my goodness. This book has blessed me tremendously. So much that, I'll be purchasing a copy or two to share with my friends! Natalie is honest- oops, I'm sorry, candid ;-)- and explains friendships in a caring way. The whole reading experience leaves you feel like you're sitting at a coffee shop, talking with her.

Are there points you want to duck your head in shame? Yeah... We've all made mistakes in our relationships with other people. But as Natalie says, "There is therefore now no condemnation for those who are in Christ Jesus." (Rom. 8:1 Emphasis, mine.) Furthermore, Natalie walks you through a poor "Heart Sister" relationship and then an ideal "Heart Sister" relationship. She handles so many topics, from forgiveness to training your daughter to be a great friend to others. She does this so well and she really helped me out.

So, ladies, what are you doing still reading my review?? GO BUY Heart Sisters right now and then make it a priority to read it. Take your time because there's a lot of truth to sink in. Read it all the way to the end and then (if you don't want to read it a second time) find someone to lend/give your copy to. This is the kind of book that needs passed on. I am so thankful I signed up for this one!

I received an ebook copy of this book from Litfuse in exchange for a review of my honest opinions, which I have done. Thanks!!

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### Rachel DeVaughn says

"Be The Friend You Want To Have" on the cover of the book really caught my eye.

I have a hard time making friends and also making the time to do things with girlfriends. I work outside the home; so in the evenings and weekends I like to spend time with my 2 boys playing, doing chores, and staying at home. I also have my blogging and church responsibilities to do, and because my husband works nights, our only times together are Saturday and Sunday. Which obviously doesn't leave me much time to go out with girls at work or church. I also struggle with a little mommy guilt with doing things during the week for myself since I'm not around my boys during the day. But with all that being said, I completely agree with the author that it's important to seek out good women friendships and I need to do a better job with making the time.

She points out in chapter 1 that "when we expect our husbands, or any man for that matter, to fulfill all our relational needs, we are placing an enormous amount of pressure upon his shoulders. If we keep expecting him to fulfill the role of girlfriend, husband and in some cases, God, we are setting that man up for failure. It's just not realistic nor is it fair to expect him to be able to meet every one of those needs." I personally have got to work on this more in my marriage. I expect my husband to want to listen to my day, frustrations, feelings, all the time; and then I'm sorely disappointed every time he's not listening or doesn't remember what I've said.

I love that at the end of each chapter, Natalie has included thought provoking questions that you can discuss out loud or use for journaling.

I especially liked the forgiveness chapter (chapter 5) and Blurred Lines/Boundaries chapter (Chapter 6). I felt like those chapter really helped me the most. Because I'm a health and fitness blogger and advocate; I completely agree with "Take care of ourselves" on page 93. It's talking about eating the right foods, exercising and spend time with those who encourage and love you for who you are.

She even has a chapter about friendship etiquette in a digital world. She shares, "Before you speak, T.H.I.N.K. Is it TRUE? Is it HELPFUL? Is it INSPIRING? Is it NECESSARY? Is it KIND? These same criteria should be met when posting to social media." She then lists the pros and cons of using technology to connect with others and gives some good advice for setting technology rules.

I found this book very thought provoking and well written. She uses personal examples and bible scriptures through out the book which I really liked.

I was given a complimentary copy of this book from LitFuse Publicity in exchange for an honest review on my blog and social media-all opinions are my own.

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### **Sarah Bailey says**

I have some wonderful friends, not only are they friends but they are the sisters I never have and I'm happy to call them friends and blessed to call them Sisters. I love my friends but sometimes I feel as if I'm the one who is failing as a friend – I drop the ball on calling them back, or texting them back, or even getting together with them. Enter the book, Heart Sisters by Natalie Chambers Snapp, I think we can all relate – and we go through seasons – the friends that we had in high school may not be our friends once we get married and begin a family, or maybe they are, we want to have friends – meaningful relationships because, if you're married, you can attest to the fact your husband cannot be a girlfriend. Natalie touches on this in the first chapter about do we really need girlfriends, and I can relate, there were times I'd rely on my husband to be my girlfriend AND husband – one of those was a role he could and was not able to fill, rightly so.

While some of this book spoke to me, some of the issues discussed were are currently discussing in my Sunday School as well so it was nice to relate it to all of life, some of what is in this book is good not only for friends but also for interacting with others. I'm so grateful that Natalie addresses the issue with men and women being close friends – especially if those men and women are married – this leads to dangerous ground, if not a physical affair then an emotional one. I think the one thing that should have been added is that heart sisters can correct their friends children, briefly mentioned is that heart sisters will love their friends children simply because they are their friend's, however one thing that as my heart sisters and I agree on is that if one of our children is doing wrong and we aren't there to deal with it then we can correct that child. That is what heart sisters do, we aren't there just for each other but we also support the training that they are giving their children, and the friends are okay with it.

This is definitely a good book to read that will inspire you not only to be a great friend or at least a better friend but also to make sure that those you're surrounding yourself with are worth the time and effort of building a lasting friendship with. Filled with Scripture to back up her writing, this is especially great for the Christian woman who wants more than what the world says is friendship. With places to write your thoughts

as well as discussion questions – it can be used during quiet time or in a group setting with other women who want to learn about being a heart sister. I also enjoyed hearing Natalie's personal journey of her mistakes and her successes of being a friend and also the lessons learned from those who she thought were friends and turned out to not be.

\*\*I was given a copy of this book from Litfuse Publicity in exchange for my honest opinion, no other compensation was given.

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### **Create With Joy says**

If you have ever experienced conflict in the midst of a friendship that you value - if you want to improve the quality of your female relationships - if you want to learn how to be a better friend to others - than Heart Sisters by Natalie Chambers Snapp is a book that you simply must read!

Heart Sisters is a newly released book from Abingdon Press that I wish was written long ago as the wisdom that Natalie imparts in this book could have saved a lot of heartache - and perhaps a friendship or two!

In Heart Sisters - a biblically based book - Natalie shares her own stories as well as the stories of others to illustrate what works and what doesn't in relationships with women. She tackles all of the topics you would hope to read about - the value of girlfriends, how to get right with God and others, how to be honest and tactful in our relationships, how to handle conflict, and how to forgive when the need arises.

She also tackles a few timely topics that might surprise you, such as friendship etiquette in a digital world - how to raise daughters who will be good friends - and how to be a "heart sister" in the workplace or when we are involved in ministry.

Heart Sisters is perfect to read alone and then to share with a friend or study group - there are questions at the end of each chapter that would lead to insightful discussions.

Heart Sisters is a heartfelt book that illustrates why we need girlfriends in our life and shows us that the foundation for a lasting friendship begins with us.

I highly recommend this book to you.

To read this review in its entirety, visit [Create With Joy](#).

Disclosure: I received a copy of this book from the publisher for review purposes. However, the opinions expressed in this review are entirely my own.

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### **JoJo Sutis says**

Making friends comes really easy for some people and not so easy for others. In Natalie's new book, she shares everything you need to know about making, keeping and being an awesome friend. She shares from her own heart and experiences, digs into the Word of God for fabulous examples of what to and not to do. I especially loved the profiles of Biblical women! What sort of friend are you? What sort of friends do you

make?

Also really helpful were the “Do’s and Dont’s” of friendships. Two chapters dedicated to helping you recognize and be the kind of friend that sticks.

I recommend this book to anyone who desires to be and have lasting friends.

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### **Joan says**

I really liked this book. Snapp has done an excellent job of giving women information to make authentic friendships. Women are relational and we seek friends. Expecting one's husband to fulfill all the relational needs, Snapp says, is setting him up for failure. She looks at pitfalls, conflict, forgiveness, attributes of a good friend, what one does and does not do, etc. She also makes it clear that one has to be right with God first before one can be right in human relationships. There are discussion questions so this would be good for a trusted small group.

See my complete review at <http://bit.ly/1IgwbDg>.

I received a complimentary egalley of this book through Litfuse for the purpose of an independent and honest review.

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### **Jalynn Patterson says**

Heart Sisters: Be the Friend You Want to Have

About the Book:

Heart Sisters is for women who want to both be and have better friends and want a helpful guide to take them through the process. Author Natalie Chambers Snapp uses her own and others' stories of successes and failures to illustrate what she has learned about girlfriend relationships. Healthy boundaries, honesty, tact, sharing, and agape love all play a part in being and maintaining a circle of close confidants. She also deals with the inevitable challenges that face many relationships including how to handle conflict; life changes like a new baby, move or divorce; and when it is right to "break-up" with your friend. Discussion questions, space to journal, photos, and quick interviews of healthy female friendships are included within each chapter.

My Review:

Friendship when you are a child are very touch and go yet very simple, but after you become an adult they can really get complicated. The author shows you how to have healthy relationships with others in the way of friendship and how God should come first even in our friendships. As an adult I have found that it is extremely difficult to make friends. As an adult I have found that I want a real true friendship that will last years and I have yet to find a friend like that.

I myself rely on my husband because he is my very best friend. He accepts me the way I am and so I have chosen not to pursue friendships. For those of you that value you friendships such as that, this book is a real go to guide that help you navigate the waters in God honored friendships. In the book there is lots of space to

journal your thoughts, discussion questions as well if you would like to make this a group study.

The author takes something that is scary to some of us and shows us how to do it God's way!

\*\*Disclosure\*\*This book was sent to me free of charge for my honest review from Litfuse Publicity.

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## **Bluerose's Heart says**

I recently read a review where someone had reviewed a book that I loved, yet for some reason I had focused more on the negative, most likely in an attempt to make sure no one believed I agreed with certain things. This reviewer focused on the positive things, and simply said, "Take the meat, and leave the bones." I like that, and I'll say the same for this book. I'm not picking on publishers, but Abingdon Press IS one of the least conservative Christian publishers there are. No. I didn't agree with everything in here, but there's some awesome advice, so I'm still going to recommend it.

My "word" for this year is "socialize". My idea of socializing probably isn't the same as yours, but even so I haven't done as well with this challenge as I would have liked so far. I have severe social anxiety, plus I'm shy AND introverted. That's a pretty painful mix to deal with. I'm not going to be running up to anyone with a hug and shouts of joy anytime soon(a wave and a smile is much more realistic), but I'd like to get myself "out there" a bit more often. From that word, though, I've added several "relationship" books to my reading list, and this was one of them. I'm not so great at the friendship thing, but it seems like a given that learning how to be a better friend and learning what to do in situations will help with the socializing thing. ;)

Snapp covers friendship from many different angles. What we should do and what we shouldn't each get their own chapters. She covers friendship within the digital world, in the office world, and even briefly touches on friendships with men. Before Jonathan and I started dating, I just felt more comfortable with male friendships, and had several of them. After we dated, and especially married, I started being super careful with the male world(which was my choice, not something I was forced or even asked to do). I no longer have male friends, and even in the cyber world, I try to keep high guards in place. It's too easy for things to happen, and I believe putting up those guards are important. I appreciated her including men in the book! She also talks about teaching daughters to be good friends, forgiveness, comparison, pride, and much more. She tackles a great deal in here, and again, there's some awesome advice. I can easily recommend it to Christian ladies, no matter where you are in the friendship journey!

Just to leave you with a quote, I liked this section. I let Satan into my mind too often!

On Satan's tactic of meddling in our thoughts:

"Yet when I say good night to my family and lie down in my bed, I can pass the point of no return if I allow Satan entry into my thoughts as I'm reviewing the day. Suddenly my family's tough day becomes about me failing as a mother. I'm not doing the best job with raising them, so they're arguing, telling lies, and misbehaving. I beat myself up over imperfect parenting moments and soon become convinced they might be better off being raised by a pack of wolves than a poor excuse of a mother like me.

Do you see how he operates? He doesn't even have to work very hard at this either. He gets the ball rolling then sits back and grins as we disappear into a downward spiral of lies. We make it so easy for Satan to convince us of the truth in the lies, but we make it hard to identify when he's at work. Since he is the great deceiver, it's often much later in the game when we recognize what's going on. " (page 78)

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\*I was provided a review copy, in exchange for my honest opinion.

### **Jami says**

I am so glad that I had the opportunity to read this book. It is so moving, so convicting, so encouraging—all at the same time! How is that?! It's easy—friendship is all of those things at different times, if we're honest. And honesty is what this book is all about.

Natalie, the author, gets down to the nitty gritty when it comes to the honest truth about the good and bad of friendships. She very strongly suggests that in order to maintain a good friendship, that we ladies need to “get right with God.”

<http://www.jamiswords.com/heart-siste...>

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### **Nicki Olsen says**

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\*My Thoughts\*

I wasn't sure.

It seems like I think that a LOT whenever I decide to take the plunge into the deep end (non-fiction) side of the reviewing pool. Thankfully, Natalie was on hand with a life preserver if needed with that pretty, inviting cover but the extra security was unneeded. I loved Heart Sisters!! Why?

If you know me, you know one thing. If it tells you anything, my aunt calls me "Miss Social Butterfly". She says I'm always flitting around chatting to one person or the next, never afraid to talk to the new girl on the sidelines. Which is probably true. Except for one thing: I'm human. I'm social NOW because 3 years ago I was the new girl on the sidelines. Unfortunately, that doesn't make me "the perfect conversationalist" nor does it make me the best friend a person could have. But I have learned along the way. Lately I'd been struggling with "friend confidence" or lack thereof. I wasn't sure of myself, if I was "normal" or a "good friend". I prayed about it. Two hours later, I received the email for this tour.

Natalie's writing is superb, don't get me wrong, but it's not just that. It's a God thing. I don't know her personally, but I don't see her rolling out of bed saying: "I'm going to write a book about being a Godly friend". I'm pretty sure He put the thought on her heart. In fact I almost know it. Why? You can see it

through her writing. Sure, her cover is great. The "Heart" of the book, excuse the pun, is Natalie's heart throughout the book.

Fabulous discussion questions, photos, journal space, interviews, all great. The real awesomeness comes in Natalie sharing her thoughts, Biblical truths, and valuable information every girl wants to know. Is this book going to solve every social problem you have? NO. That's not what God wants and it's not what Natalie wants. It will help you and guide you, however, and that's the true beauty in this book.

Jump into the deep end. You just might decide to learn how to use the diving board.

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**\*My overall thoughts\***

Heart Sisters by Natalie Chambers Sapp is an awesome book of thoughts about being a Godly friend. Natalie's heart is seen in every page as well as discussion guides, journal pages, photos, and interviews to complete the read. Every woman needs a copy of this book.

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**\*My Rating\***

I give Heart Sisters by Natalie Chambers Snapp...

5 stars!!

<http://bookreviewsforchristians.blogs...>

\*I received this book from Litfuse and the publisher in exchange for an honest review, which I have given. All thoughts were my own and I was not compensated in any other way.

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**Jennifer Smith says**

If you're looking for a book about relationships--with other females, in particular--this is probably one of the best books out there! With engaging writing and high-quality content, "Heart Sisters" is a great read for anyone wanting to relate to those around her better.

I think this book did what it set out to do: provide biblically based teaching and wisdom about female relationships. In addition, I came away with many more valuable nuggets.

Natalie is open about her experience with overcommitment, something I struggle with. I liked and appreciated what she said about our families being our number one ministry . . . Everything else really needs to come second. In the book, she talks about her decision to end all obligations that don't involve her family of five or writing. In the several instances where she discussed overcommitment and boundaries, this book really spoke to me:

"Living without boundaries was a poor example for [my] children and communicated to [my] husband that he was the last priority on the list."

Great food for thought!

Other good points included the sometimes unpopular idea that married men and women shouldn't be intimate friends with someone of the opposite gender. When women do this, we are building emotional connections with a man that we should build only with God and our husband.

Natalie discussed the positive aspects of modern technology when it comes to relationships, but also pointed out its negative impact. For instance, where people used to check email an average of once a day, some people are now checking email up to thirty times an hour. We run to our phones the moment we hear them ding. We often pull out our phones while talking to others (in person) or having dinner with family and friends. I loved the reminders to stay in the moment with the live person sitting in front of us.

Toward the end of the book, Natalie mentioned the importance of teaching our daughters to be heart sisters rather than "mean girls." She gave some tips on doing that and on keeping open communication with our children.

Last, I loved some of the things Natalie pointed out about being a good leader.

I expected to enjoy this book, but I did not expect that it would be packed with so many great, great points. :) Rather than rewrite the whole book for you, I encourage you to read it for yourself! Also, don't miss the giveaway opportunity at the end of this post.

(In compliance with regulations introduced by the Federal Trade Commission, please know that the publicist, on behalf of the author and publisher, has provided me with a complimentary copy of this book in exchange for an honest review. No compensation was received for this review. All opinions expressed are my own.)

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### **Callie says**

Do you have one of those friends who will always stand by you - who you just know will be a friend all your life because you have gone through the ups and downs together? Someone who will challenge you, tell you the truth in love, and be the first one to offer help when you need it? Natalie Chambers Snapp calls this kinds of friends "heart sisters" in her book by the same name. I think most people are lucky to have one or two of those kinds of friends in their lifetime, but you can greatly increase your chance of having a "heart sister" if you learn how to be one first. Snapp's book is perfect for just that. Heart Sisters isn't so much about making friends as it is about recognizing the really good ones when you have them, and learning to be one yourself. Snapp covers all the characteristics of a "heart sister", things heart sisters do and don't do. She talks about walking through conflict with heart sisters. She talks about forgiveness, and she talks about how to train our daughters to be good friends as well. Snapp's heart for changing the culture of female friendships to be a culture of encouragement was very clear throughout this book, and I appreciated so much of her advice! I especially appreciated everything she had to say about conflict and forgiveness, which were major themes throughout the book. I think she focused on these so much because in order to be a good heart sister, you need to know how to deal with difficult or hurtful situations when they arise - and if you handle them poorly you can lose any chance you had at forming that close friendship that might have been possible. I appreciated a lot of her advice on conflict resolution between friends, because though I've had to walk through it like so many women, I am not sure I have ever really read a book or article about it, and Snapp offers sound biblical wisdom on these subjects, and several others. If you are looking for advice on how to form friendships, Heart Sisters is probably not quite the book you are looking for - but if you would like to deepen the friendships

that you already have, this is the perfect book to read! Note: I received this book for free from Litfuse Publicity in exchange for a review. This is my honest opinion.

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### **Teri Underwood says**

With honesty and grace, Natalie invites us all to invest in the hearts and lives of the women around us. Natalie doesn't pretend this will be easy but she does promise God will honor our desire to love others. Digging into all those things that can keep us isolated, Natalie uses the truth of God's Word to encourage us to let go of the pride and insecurity and unforgiveness that can build walls between us.

If I could give this book to every woman I know, I would. The world tells us women can't be good friends, pushes us away from authenticity, and uses words like "mean girls" and "frenemies" to create a lack of trust. But women can be true friends. We can love one other well and work through the conflicts and become examples of the ministry of reconciliation and of walking alongside each other.

So who should read this book?

the woman who longs for a friend she can trust with her heart  
the woman who wonders if investing in friendships is worth the effort  
the woman who desires to be a true friend to those in her life

Heart Sisters is answer you've been seeking! Rich in encouragement, steeped in the Word of God, and full of wisdom and grace, Heart Sisters will open your heart to the beauty of having true heart sisters!

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### **Ginny Hannan says**

This book. Every woman needs this. I read it thinking I was going to get a few tips on how to be a better friend. What I found was more than tips. It was a book that challenged me in ways I never expected. I have always struggled with friendships, especially when they get deep. Yet, I yearn for friendships that go to that deeper, heart level. Natalie shares incredible ways for us to do just that. I love that she goes beyond just the "little tips" and digs in to the more difficult topics for relationships like how our relationship with God can affect our relationships, how to handle conflict in relationships, and the importance of humility. I really feel confident that I have the major tools I need to go to the next level with my current friends and with new friends that come along. Thank you, Natalie, for writing this book and sharing the wisdom that God has given you!

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### **Laura Hix says**

Now for my honest review of this book since I was given a copy of this book in exchange! Natalie Chambers SnappHeart Sisters: Be the Friend You Want to Have

I am in love with this book having many acquaintances and very few friends, this book has been a real eye opener to me.

there are many reasons why I choose not to have very close friends, however being hurt, of course is the main reason. I mean really hurt. Can we say skeered??? I am terrified of having a close female friend,

The pain I have suffered is monumental, so much that I have had to seek peace. Has it worked? Oh no, not at all. I'm a very jealous, scared, sad human being. Have I asked for forgiveness for what I contributed? Of course, have I given my forgiveness? I honestly thought I had.

Heart Sisters has made me realize that I have no more given my forgiveness than the man in the moon. I am a wimp. A God-Fearing, non forgiving wimp.

So I have been in prayer about these things and I know that my role is to seek out and forgive. However, at the place in my heart now, I can't. Some of the women, I have not forgiven, some I have just not asked, and some, I just didn't think I needed too.

So I ask from my readers, to please pray for me. Pray that I God can give me the courage to truly forgive in my heart. I mean truly forgive in my heart. Then I need to go to these people. Please ask God for that also. I have been completely and utter stunned about my response to this because I was truly sure that I was over this and had done the right thing.

There are so many things that this book has given me the tools to be able to forgive. I pray that it's sun because I know that God will be happy with me when it's done.

Obviously you can tell that I liked the book. Well, other than the stepping on the toes, and the slapping in the face, and the 2x4 up to the head :) Thank you Natalie!

The book has great resources, including discussion questions, pictures, interviews, room to journal and so much more.

This little book is packed with so many resources.

First, I cannot thank God enough for giving me the friends I have,

Second, I can't thank Natalie enough for writing this book

Third, I cannot thank my friends that I have enough for putting up with me, warts and all. Thanks for being there through everything and giving me the support that you do.

God is good and I promise you that this book will give you the resources you need, if you have a relationship that needs mended, or even if you don't.

Once we humble ourselves to the Lord, humbling ourselves to others becomes a bit easier. humility is the key that unlocks hearts". – Natalie Chambers Snapp

this book is amazing and I strongly suggest you either go buy it, enter this contest, or ask me to borrow it!! I will send it to anyone on their kindle!

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