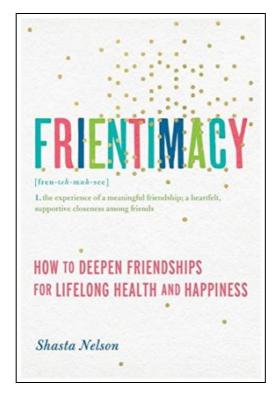
## The Intimacy Gap: 10 Ways to Improve Your Friendships and Deepen Your Life



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## THE INTIMACY GAP: 10 WAYS TO IMPROVE YOUR FRIENDSHIPS AND DEEPEN YOUR LIFE



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Seal Press. Paperback. Condition: New. 256 pages. With the constant connectivity of todays world, its never been easier to meet people and make new friendsbut its never been harder to form meaningful friendships. In The Intimacy Gap, 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 Dont Just Happen. In The Intimacy Gap, she teaches readers to reject the impulse to pull away from friendships that arent 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; its a roadmap for moving from friendship to frientimacyand the meaningful and satisfying relationships that come with it. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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