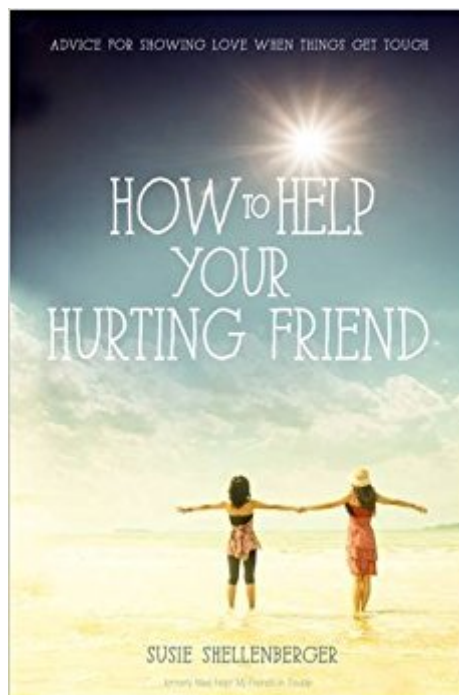




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How To Help Your Hurting Friend: Advice For Showing Love When Things Get Tough



Synopsis

In *How to Help Your Hurting Friend*, trusted author Susie Shellenberger (Sisterhood Magazine) addresses the most vital, personal, and life-challenging issues in young women's lives so you can respond in love and wisdom when friends are coping with crises. Presented in handbook form, this biblically based, relevant book empowers you to be a voice of support and love when those around you are struggling. No issue is taboo (topics include self-cutting and sexual abuse) and no advice is ever vague. This book distills the wisdom of the Bible and combines it with the wisdom of many experienced Christian counselors. Previously published as *Help! My Friend Is Hurting*, this reissued edition is complete with sidebars and helpful illustrations.

Book Information

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Customer Reviews

A valuable handbook of practical advice for teenage girls to share with their friends Susie Shellenberger---veteran editor of Focus on the Family's Brio magazine---addresses the most vital, personal, and life-challenging issues in young women's lives so that concerned friends can respond in love and wisdom to their friends who are coping with crises. Presented in handbook form, this biblically-based, relevant, and contemporary-focused book empowers girls to salvage and even save the lives of their troubled peers. No issue is taboo (for example, she addresses self-cutting and sexual abuse) and no advice is ever vague (on the first page, Susie tells her readers that 'Jesus Christ is the one who does the empowering!'). This classic book for teenage girls distills the wisdom of the Bible and combines it with the wisdom of many experienced and anointed counselors. Previously published as *Help! My Friend Is Hurting*, this reissued edition has a dynamic new format

complete with sidebars and intriguing illustrations. --This text refers to an out of print or unavailable edition of this title.

Susie Shellenberger travels as a fulltime speaker forty weeks or weekends every year. She has written fifty-two books, and lives in Bethany, Oklahoma with her two mini Schnauzers Obie and Amos. Susie is a former youth pastor, high school teacher, and editor. She loves Sharpies in every color, burnt hotdogs, and praying at OKC Thunder basketball games. Â

This book touches the main points that can cause teens to loose hope, and gives simple to grasp advices for friends who desire to help.

How to Help Your Hurting Friend (Zondervan, February 2004, paperback, 176 pages) is the type of book I wish someone would have given me when I turned thirteen. Granted, life during my teenage years was much less complicated than what today's teens face - but some of the basic issues confronted by a young lady never change. Susie Shellenberger has written a wonderful book that should be on the top of each caring mom's (or aunt's or grandmother's...) list of books to share with her daughter. Written in an upbeat, conversational tone, How to Help Your Hurting Friend doesn't make any assumptions. It rightly starts with a section on making friends and walks the young reader through the steps to being a great girlfriend. Rightly, this section of the book culminates with Shellenberger's advice to "Be Jesus to those around you." This is great advice for any of us! Shellenberger's wisdom seems to point towards relationships made better by fostering a giving and loving spirit, rather than what a person will take out of a relationship. The meat of How to Help Your Hurting Friend is Section Two, which walks the reader through various scenarios that tragically, but realistically, come up frequently in today's society. Eating disorders, depression, internet addictions, illness, self destructive behaviors and sexual abuse are each given detailed treatment by the author. The list of "do" and "don't" suggestions at the end of each of the units provides teens with a good, proactive list of steps they can take to help a friend in need. The third section of the book contains several letters to Susie, complete with her helpful responses covering a myriad of situations. Also included are some helpful questions, prompts and inspiring articles. Overall, I believe that How to Help Your Hurting Friend is a great resource for any teen or young adult, although the book will have strong appeal for young women. I plan to read several of the sections of the book with my thirteen year old son. I have to say I gained quite a lot from reading the book myself. If you learn nothing else from How to Help Your Hurting Friend, the one point of wisdom "Be Jesus to those

around you" is worth the cover price.

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