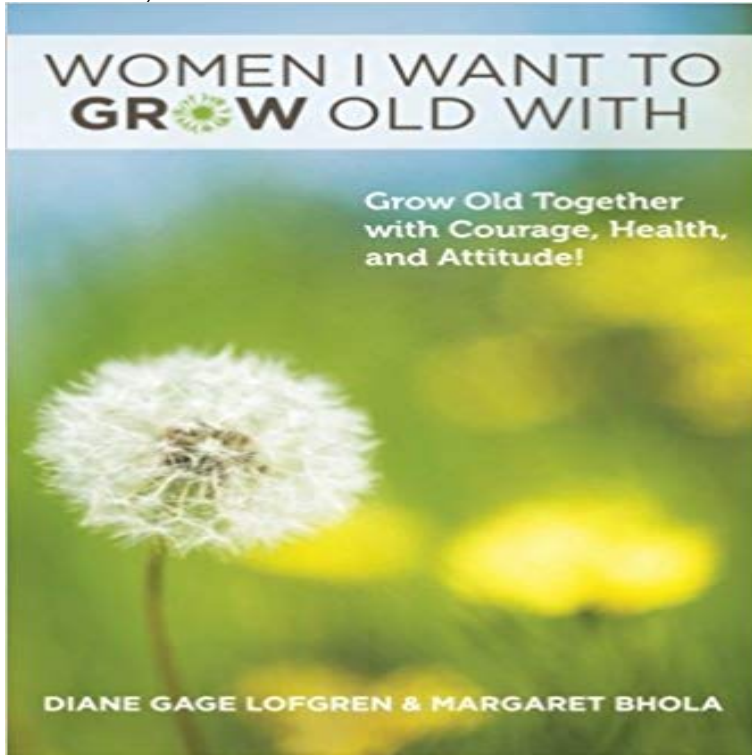


## Women I Want to Grow Old With: Grow Old Together with Courage, Health, and Attitude!



In this enjoyable and informative book, authors Lofgren and Bhola challenge women to list the top three friends they'd call if their lives suddenly fell apart, thereby pointing out that many women may not have the friends they want when they need them the most. Each author had her own profound experience that awakened her to the importance of female friends. Together they spent three years interviewing women about how they build and nurture their friendship circles, and exploring how and why friends contribute so richly to our lives. Their findings and stories will help women realize that friendships are as important to well-being as good health and sound finances and should never be left to chance. In fact, according to studies: When women hang out with friends, their bodies release the hormone oxytocin, which combats stress and creates calm. Having friends reduces the risk of physical health issues and allows us to more easily recover after the death of a partner. And, women with friends are 26 percent less likely to develop dementia. Knowing the importance of friendship, however, may not always drive women to make or nurture friendships, even though doing so would ensure they have a safety net of women they can rely on when life is good or when all hell breaks loose. But who doesn't fear being alone or lonely when they move, divorce, change jobs, retire, face an empty nest, or suffer the loss of a partner or dear friend? That's why the authors encourage women to be intentional about nurturing a safety net of friends to fill unspeakable voids, provide certainty in uncertain times, and offer a safeguard of love and support. Packed with fun and inspiring stories and suggestions, the book covers everything from ways to keep virtual friendships alive to getting over and moving beyond friendship irritants and breakdowns. *Women I Want to Grow Old With* will

guide and inspire women of all ages to breathe new life and excitement into our relationships by seeing female friends as intention holderswomen who encircle us with love and support. These are women we love to laugh with and occasionally stir up trouble with! They serve as thought partners, voices of reason, and devils advocates. They let us down and, once in a while, infuriate us. We forgive and so do they. These women we keep on speed dial literally and figuratively stand by our sides, cheering us on or helping us carry our burdens as we cross yet another finish line. And if were lucky enough, no matter our age, well find women we want to grow old with!

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