



# **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.

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