

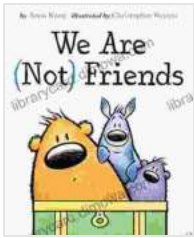
# We Are Not Friends You Are Not Small: A Groundbreaking Guide to Reclaiming Your Power in Toxic Friendships



In the realm of human relationships, friendships hold a special place. They are meant to be sources of joy, support, and growth. But what happens

when a friendship turns toxic, draining us of our energy and self-esteem?

In her groundbreaking book, "We Are Not Friends You Are Not Small," acclaimed author and therapist Dr. Jessica Smallwood unveils the insidious nature of toxic friendships and provides a roadmap for navigating and overcoming them.



## We Are Not Friends (You Are Not Small Book 4)

by Anna Kang

★★★★☆ 4.5 out of 5

Language : English

File size : 7031 KB

Print length : 21 pages



### Identifying the Red Flags

Dr. Smallwood begins by helping readers identify the warning signs of toxic friendships. She describes the subtle and overt behaviors that can erode our well-being, such as:

- Constant criticism and belittling
- Emotional blackmail and manipulation
- Envy and competition
- Boundary violations
- Secrecy and gossip

She emphasizes the importance of recognizing these red flags early on and setting clear boundaries to protect our emotional health.

## **Confronting and Breaking Free**

Confronting a toxic friend can be daunting, but Dr. Smallwood offers practical strategies for doing so effectively. She encourages readers to:

- Choose the right time and place
- Use "I" statements to express feelings
- Set clear boundaries and consequences
- Prepare for the possibility of resistance
- End the friendship if necessary

Breaking free from a toxic friendship is not always easy, but Dr. Smallwood assures readers that it is possible and essential for their happiness and well-being.

## **Healing and Moving Forward**

The aftermath of a toxic friendship can leave us feeling hurt, lost, and confused. In the final part of her book, Dr. Smallwood guides readers through the healing process and helps them rebuild their self-esteem.

She shares practical exercises, such as:

- Journaling to process emotions
- Practicing self-care and self-compassion
- Surrounding ourselves with positive people

- Rebuilding our sense of identity

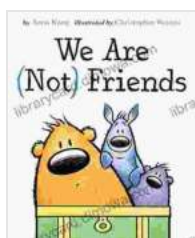
By following Dr. Smallwood's guidance, readers can emerge from the experience of a toxic friendship stronger and more resilient than before.

## Empowering and Inspiring

"We Are Not Friends You Are Not Small" is an empowering and inspiring book that provides readers with the tools they need to navigate toxic friendships and reclaim their power. It is a must-read for anyone who has ever struggled with an unhealthy relationship and wants to break free from its harmful effects.

Free Download your copy today and start your journey towards healing and self-empowerment.

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