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**Here is the Bibliography as well as the Resources from the print version for you to read and/or print out for your personal use.**

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## Resources

[www.whenfriendshiphurts.com](http://www.whenfriendshiphurts.com)

The official website for my book, *When Friendship Hurts*, as well as for related friendship topics. You can find free book excerpts as well as my blog: [www.friendshiphurts.com/blog](http://www.friendshiphurts.com/blog)  
You will find additional excerpts from my book *Friendshifts* as well as relationship writings at my main website: [www.drjanyager.com](http://www.drjanyager.com) and a blog on a range of topics including friendship at [www.drjanyager.com/blog](http://www.drjanyager.com/blog)

<http://www.friendship.com.au/>

The Friendship Page Started in 1996 by Australian Bronwyn Polson, this popular site includes a friendship chat room, quotes on friendship, as well as a highlighting of the annual International Friendship Day.

[www.girlfriendology.com](http://www.girlfriendology.com)

Founded by Debba Hauptert, includes a blog, podcast, and a community of women to discuss and connect about friendship. (If you want to hear the podcast I did on friendship for this site, go to: <http://girlfriendology.com/blog/2353/girlfriendologyblogtalkradio-interviews-dr-janyager-friendshipexpert/>)

[www.selfgrowth.com](http://www.selfgrowth.com)

Free online resource with articles, videos, and newsletters related to the areas of success, love and relationships, health and fitness, money and careers, and lifestyle.

[www.thefriendshipblog.com](http://www.thefriendshipblog.com)

Blog maintained by Irene Levine, Ph.D., psychologist and author of *Best Friends Forever*.

[www.thelastlecture.com](http://www.thelastlecture.com)

Site devoted to Randy Pausch's last lecture. Offers a link to watch "The Last Lecture" as well as an excerpt from the book of the same name (*The Last Lecture*) and biographical information on the author and co-author.

<http://whatfriendsdo.com>

Launched in 2007 by Aimee Kandrak and her mother Fran, an outgrowth of a site that had been developed in 2005 to coordinate information and help for her sister Stephanie's best friend Laura, who was being treated for a terminal brain tumor, this free site now helps thousands of friends-helping-friends teams. "It's the little things that friends can do in twenty minutes or half an hour that can really change your outlook and make things feel just a little bit better," says co-founder Aimee, who runs the site fulltime.

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