



A Friend in Need: How to Help When Times Are Tough

Sol Gordon

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Do you know a friend who's in trouble, depressed, seriously ill, or grieving, or whose behavior you feel is terribly wrong? If you don't now, it's likely that you will at some point in the future. When your friends are going through difficult times, they need you most, but it's at just such times that many people are at a loss about what to do or say. You may think, How can I possibly help in this awful situation? And because you feel helpless, the tendency is to avoid the friend or the reality of his or her situation just when your support would be most appreciated.

Psychologist Sol Gordon has written this sensitive, insightful book to help us to become better friends and to teach us how to deal with the serious problems of those we care most about. He begins by discussing the nature of friendship, its responsibilities and rewards, and the common barriers that often get in the way of even good friendships. He then looks at a variety of challenging situations: violent or abusive relationships, friends with problem children, addiction, depression, suicidal tendencies, bereavement, and terminal illness. Through specific advice, moving real-life stories, and practical resources Gordon shows us how to nurture, understand, laugh, and trust ourselves enough to give our friends the help they need. He also shows how to respond appropriately from the use of "tough love" to the gentle reminder that we are always ready to listen when our friends need to talk.

This is a book that everyone will need at some time in their lives when times are tough. But in the end it is really a book about how to be a good friend.

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