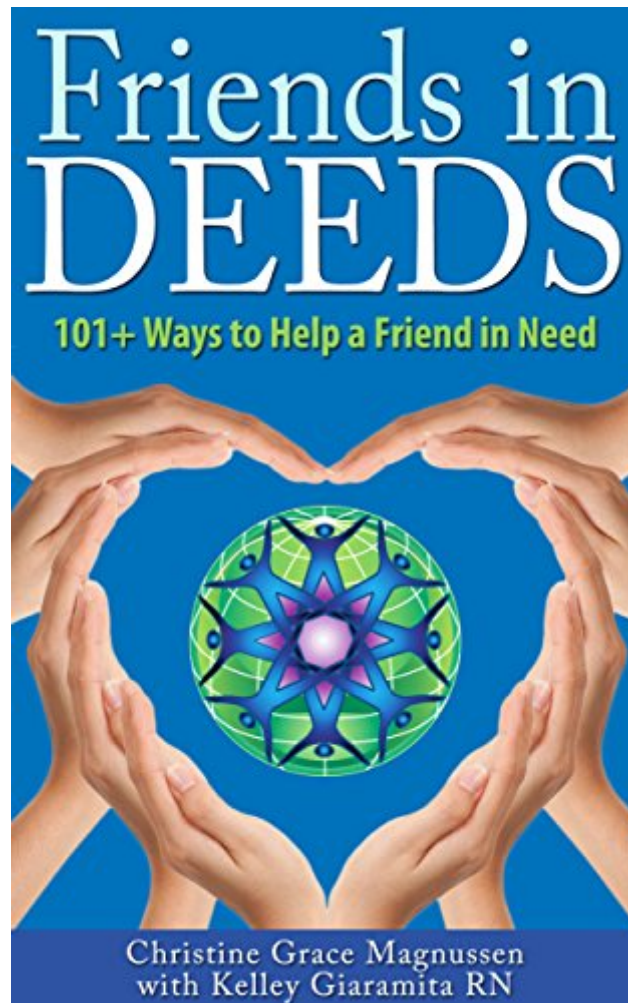


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# Friends In DEEDS: 101+ Ways To Help A Friend In Need



## Synopsis

We all experience storms. Sometimes they come in the form of an actual flood. Other times, it's an unexpected diagnosis or loss. This practical guidebook opens the door to help and be helped. You will learn how to give, how to receive, and how to become a friend in deeds. "If you aren't sure how to answer when someone asks how they can help you, or if you'd like to support a friend or loved one in their time of need, Friends in DEEDS will show you how in simple, practical, tangible ways. We all need to know who will be there for us in a crisis—before a crisis hits! This workbook is a great resource for anyone who may need support at some point in the future, if not now. It's also a great resource for those of us who love someone who needs our support, pinpointing specific ways we can be friends in deeds." --Barbara Jean Hicks, Children's book ~ Author, *Frozen: A Sister More Like Me* and *Frozen: An Amazing Snowman* - [barbarajeanhicks.com](http://barbarajeanhicks.com) "It's difficult in today's day and age to ask for help we need because we are so independent. Everyone I know can benefit from this publication." --Deeann Callis Graham [www.baldgirlsrock.com](http://www.baldgirlsrock.com) FB: Head-On, Stories of Alopecia •

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## Customer Reviews

This wonderful book is emotionally supportive with tools to support anyone at any stage or type of

challenge. Our American culture has taught us to not ask or look for help from friends, family or neighbors. This book bridges that idea and helps the caregiver and the person needing care to gentle with themselves and their experience. It's just fun and worthwhile. Love shines through and the author even has a CD with her harp music available. Beautiful!

The author of this guide is obviously a very caring person. I could tell immediately that she wrote it from the heart. This book is sure to be well-received by people everywhere who have needs that are not met, people who don't know where to turn for advice. I predict that readers will be eager to fill in the blanks and jot down notes on the forms and pages provided within this book. After all, each of us is likely to need help sooner or later, and what better time to prepare than before an emergency develops?

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