



Heartfelt: A Woman's Guide to Creating Meaningful Friendships

Joneal Kirby, PhD

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Are you tired of "I'm fine. How are you?"

Every woman longs for good conversation, a safe place to be vulnerable, and wisdom from women who are ahead of us on the journey. In previous generations, women lived in close-knit communities and encouraged one another in marriage, parenting, and spirituality. In today's world, we often feel isolated. Yet our God-given craving for connection remains.

In *Heartfelt*, Dr. Joneal Kirby shows us how to embrace the joy of emotional intimacy with other women. Her practical wisdom and personal experience, combined with dozens of real-life stories, equip us to cultivate meaningful relationships with women in all seasons of life.

You may feel you'll never move beyond the small talk of church coffee hour. You may wonder if your current friendships will ever reach a new depth. *Heartfelt* gives you the practical ideas and inspiration you need to change surface-level interactions into deep relationships that can change lives forever.

Includes prayers, questions for discussion and reflection, and a guide to beginning your own intergenerational small group.

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