



Frenemies: What to Do When Friends Turn Mean

Hayley DiMarco

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Friends + Enemies = Frenemies

Is your friend your BFF one day and your worst enemy the next? One day she's sweet and fun, and then WHAM! she's stabbing you in the back and spreading rumors about you. What gives? Maybe she's not outright cruel like a mean girl is. But because she's your friend she's got more dirt on you--and more opportunities to hurt you.

You're not alone. Nearly everyone will be blindsided by a so-called friend at least once. But that doesn't make it any easier. If you're dealing with a frenemy (or several of them), you need to know when it's time to work through the relationship and when it's time to cut her loose and find some new friends.

Hayley DiMarco, bestselling author of *Dateable* and *Mean Girls*, shows you how to

identify a frenemy

love your frenemy

take the enemy out of frenemy

break up with your frenemy

deal with the frenemy you can't leave

Hayley DiMarco is founder of Hungry Planet, where she writes and creates cutting-edge books. She is the bestselling author of many books, including *Dateable*, *Mean Girls*, *Sexy Girls*, *Technical Virgin*, *B4UD8*, and *God Girl*. She lives in Nashville, Tennessee, with her husband and their daughter.

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