



Finding and Keeping Good Friends *Let's Be Friends! Gives Girls Confidence in Friendships*

Back-to-school can cause kids to feel nervous and stressed out, not just about schoolwork, but about friendships. Feeling left out of conversations, feeling lonely, hearing hurtful words, and unsure how to break out of the cycle of friendship struggles.

In their devotional, *Let's Be Friends: A Tween Devotional on Finding and Keeping Strong Friendships* (Harvest House Publishers, October 2023), mother-daughter authors Blythe Daniel and Calyn Daniel, want to give girls tools. This interactive book helps girls know how to find true friends, how to leave friendships respectfully, and what friendship with God looks like.

“Sometimes we need a little time to see if the people around us are friends for us or may be friends for someone else. But sometimes the people we don’t think will be a good friend can turn out to be a best friend if we just give them a chance to share who they are,” says Calyn.

It’s hard for girls to know what to say when they face certain friends. Remaining respectful, standing up for themselves, leaving an unhealthy friend group, and making new friends when shy or unsure of yourself are areas addressed.

Let's Be Friends contains 30 devotions with journaling space for the reader to share her responses, check off what’s most important to her, a prayer to pray and words to speak over herself.

Topics include fitting in, rejection, what friends show you about yourself, body confidence, when to walk away, taking your pain to God, thinking on God’s word, and pressing on when life is hard.

The book includes a friend guide, Calyn’s recipes, ways to create memories with friends, questions to ask a friend, and words with friends – a place to keep words your friends have shared with you.

Blythe shares, “We want to ease nervousness and uncertainties in difficult friendships and give girls confidence. We want to offer encouragement to girls as they find and hold onto good friends in their teen years and beyond.”

Let's Be Friends is a great book to give as a gift for the girl in your life or to share with a circle of girls. Visit www.letsbefriendsbook.net. Books are available on Amazon, BN.com, Christianbook.com, Target.com, and Booksamillion.com.



Blythe and Calyn Daniel are a mother and daughter who love books and have a mission to strengthen relationships with families and friends.

Blythe is the coauthor of *Mended* and *I Love You, Mom!*, both of which she wrote with her mother, Dr. Helen McIntosh. She worked for Harper Collins Christian Publishing in marketing and publicity, and now enjoys her work as a literary agent. She lives in Colorado with her husband and three teenagers.

Calyn is a middle schooler and loves spending time with her friends and family, including older sister, Maris, and twin brother, William, who is also an author. She is a competitive gymnast and enjoys cooking. Calyn believes girls need to know who they are in Christ, how to navigate friend groups—especially when they change—and how to not lose sight of who God has made them to be.

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Endorsements

As a therapist who has worked with girls for 30 years, I believe friendships are harder for girls to navigate than they've ever been. Girls need good, trusted guides to help them through the world of relationships so they can find their own sturdy voices of kindness and strength with others. *Let's Be Friends* does just that. I'm grateful for the truth and wisdom Calyn and Blythe have shared in these pages, and I can't wait for it to find its way into the hands of girls.

—**Sissy Goff**, Director of Child and Adolescent Counseling at Daystar Counseling, best-selling author of *Raising Worry-Free Girls*, and cohost of the *Raising Boys and Girls* podcast

So many of our daughters struggle with the deep desire to make and keep great friends. Blythe and Calyn have created a practical and encouraging resource for girls to explore what God says about friendship. A much-needed resource!

—**Courtney DeFeo**, author of *In This House We Will Giggle* and *Treasured*, mom to two daughters

For your teenage daughter or the teenage voice inside your own head—what a welcome relief to hear this kind and relatable encouragement in *Let's Be Friends* when it comes to the complicated area of female friendships.

—**Lisa-Jo Baker**, bestselling author of *Never Unfriended*

We live in an increasingly lonely world. Many young women and girls lack substantial community and deep friendships—friends that love and encourage them right where they are while also inspiring them to better themselves. *Let's Be Friends* is the answer to this problem. Filled with insightful advice, practical tips, and God-centered encouragement, this book is exactly what young girls need to help them find kindred-spirit friends that will last a lifetime. I wish I'd had a copy of this book when I was younger!

—**Keelia Clarkson**, actress, writer, editor of *Wallflower Journal* for young women, and daughter-in-law of Sally Clarkson

Let's Be Friends is an authentic, relatable book for any girl who struggles with friendships or wants to connect with others who will respect her. The book can help readers better understand God who knows and loves her best and created her for friendships.

—**Grace Valentine**, author of *To the Girl Looking for More*, blogger, podcast host, and speaker

In *Let's Be Friends*, tween girls will learn not just how to recognize a positive friendship, show respect and forgiveness, and grow into a strong relationship, but also how to love the girl they see in the mirror. Readers will discover how their identity in Christ shapes their choices, and they'll be empowered to show the love and kindness of God in all their friendships.

—**Kathleen Kerr**, mom to two daughters, author, and publishing professional

Calyn and Blythe Daniel have created the friendship manual girls have been looking for to help guide them as they begin to independently establish healthy relationships. It is pretty, interactive, and most importantly, it points girls to God's word for how to navigate friendships. I have been working with middle school girls for over twenty years, and friendship struggles have been a constant issue among my students throughout that time. *Let's Be Friends* allows girls to have a place to process, to pray, and to learn how to have a godly response during friendship challenges. I wholeheartedly believe girls need this book.

—**Christina Sachtleben**, mom to a daughter, middle school teacher, and spiritual life director

SUGGESTED INTERVIEW QUESTIONS

Calyn (pronounced kay-lynn) Daniel and Blythe Daniel

1. Calyn, your mom says that you started writing this book when you were 12. What was the reason you wanted to write a book at such a young age?
2. Blythe, what do you think played into your daughter wanting to share a message with her peers?

3. How do both of you see challenges in friendships for girls who are nearing teen years or who may already be teens?
4. Why do you feel it's important to help girls know how to stand up for who they are and what they deserve in friendships?
5. What is one of the biggest struggles that girls face – is it others' rudeness, rejection, or just girls not noticing others?
6. How does a relationship with God help girls through friendship issues?
7. What can girls do to help when there's friction in friendships?
8. How much should a girl talk to her mom, her friends, or God about what she's feeling?
9. Do you give girls tips on how to talk with their friends, especially when it's awkward or uncomfortable in their friendship?
10. How do you encourage girls to seek the best friend they want to have?
11. Do you believe that girls can find their best friend in their teen years, and if so, how?
12. How do you encourage girls to keep going and not give up hope in friendships?