



MWF Seeking BFF: My Yearlong Search for a New Best Friend

by Rachel Bertsche



Love the concept of the book, but didn't like the book after a while as it became repetitious. I liked, however, that she did include some discussion of Paul Dobransky's book "The Power of a Female Friendship," which includes mutual, shared consistent and positive emotion.

Just the other day I was sitting with a beautiful, well-educated, articulate, funny, well-traveled professional woman who took the train back from NYC and saw another young woman with the same designer shoes and handbag. Since college she has been feeling isolated and lonely with limited opportunity to meet young successful professionals her own age. She wondered "could she be someone I could hang out with?"

While material items are not the best way to pick a BFF, it is one area of common interest, as she is into fashion. She chose not to connect with the girl on the train, but clearly is in need, like many others, to gather more friends in adulthood. ~**Dr. Michele Winchester-Vega**



I liked the book, as it allows the reader to explore how exciting and challenging it can be to take risks to find and develop new female friends.

Our group gets together sometimes without our families, so it is all women and we have a blast — often we can't stop laughing. Nothing like great female friends.

I often talk about envisioning your future with clients, so I really connected with the strategy: Evaluate the past and envision your future. Often people become overwhelmed with change, thus the quote "The journey of a thousand miles begins with one step" (Lao-Tzu). I also like the quote "Courage does not always roar; sometimes it is in a quiet voice that says, I'll try again tomorrow." ~ **Victoria Sullivan**



I picked this book because the title seemed so relevant; great concept for geographically challenged new transplants, recent widows, lonely divorcees or empty nesters.

As I contemplated the subject, I found it somewhat scary the way she decided to find a new BFF. I also loved her risk-taking regarding her likes and dislikes on Craigslist despite the Craigslist killer incident. I would say she is gutsy to face 24 nonrepeating follow-up dates.

I thought several times, who wouldn't want to go out with her and be brunch buddies? Gutsy Rachel put to print what she should have kept as a blog or sent it out as a short story targeted for a popular magazine, as I found it boring after the 20th pal gal date. ~**Diane Light-Spiro**



An easy and entertaining read that addresses a very current and important issue; friendship and connection. The author describes her struggle of meeting a new best friend and the difficulties associated with finding new, genuine connections.

This idea is something most can relate to in our technological, overcrazed social-media society. The art of true connection is fading away, and in my work I am finding an increase in people feeling lonely and isolated (despite their 500 Facebook friends).

A lack of social connectedness can be a real problem that can lead to depression and anxiety. This book reminds us of the importance of social connection and the need to put our phones or tablets down and enjoy our moments with friends, family and even ourselves. ~**Susan McVey**



I didn't like the book. I tried several times to read it and fell asleep, which was a disappointment because I think female friendships are so important to women's lives.

While some of her entries were funny, and I could relate, it would have been better as a brief article in a magazine. ~**Nancy Arocho-Mercado**