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# ASBURY PARK PRESS

SINCE 1879

A GANNETT NEWSPAPER



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## SHOPPING

ASBURY PARK PRESS SATURDAY, AUG. 2, 2008

### Find your true friends

How do you finally break free from a fair-weather bud who flees the scene as soon as a new guy comes around? With tips for making and breaking, maintaining and sustaining your friendships, plus stories from real women, "Friend or Frenemy?" (left) by Andrea Lavinthal and Jessica Rozler (Harper Paperbacks, \$14.95) explores how great friends get us through hard times and dishes out advice about dumping the users, losers and abusers.



### Half-hearted gift

Thank your BFF for always being a friend and never a frenemy with a sterling-silver necklace. Just in time for National Friendship Day (which is Sunday), L.A.-based designer Adina Reyter has created an updated version of the best friend heart necklace — so each wearer wears one half of the heart. \$135. [www.adinadesign.com](http://www.adinadesign.com).



### T for two

If you have a best friend, let her know it with a fun and funky friendship T-shirt. Created by "Friend or Frenemy" authors Andrea Lavinthal and Jessica Rozler, the tees are available in a variety of designs, each guaranteed to bring a smile to your friend's face. \$24. <http://friendorfrenemy.spreadshirt.com>.

Patti Martin,  
Staff Writer

CHEEKY, FRANK, AND WAY MORE FUN THAN THERAPY.™

—HEATHER COCKS AND JESSICA MORGAN, AUTHORS OF  
THE FUD AWARDS AND FOUNDERS OF THE SITE  
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## FRIEND OR FRENEMY?

*A Guide to the Friends You Need  
and the Ones You Don't*



Andrea Lavinthal & Jessica Rozler

AUTHORS OF

THE HOOKUP HANDBOOK