

# Big Friendship: How We Keep Each Other Close



## Big Friendship: How We Keep Each Other Close

by Aminatou Sow

★★★★☆ 4.4 out of 5

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In her book, \*Big Friendship\*, Aminatou Sow and Ann Friedman explore the complexities and joys of female friendships. The book is full of personal essays, interviews, and research that sheds light on the importance of female friendships in our lives.

Sow and Friedman argue that female friendships are often undervalued and misunderstood. They are often seen as less important than romantic relationships or family relationships. However, Sow and Friedman show that female friendships can be just as important, if not more so, than these other relationships.

Female friendships can provide us with support, companionship, and a sense of belonging. They can help us through tough times and celebrate

our good times. They can also help us to grow and develop as individuals.

Sow and Friedman's book is a celebration of the power of female friendships. It is a must-read for anyone who has ever had a close female friend or who wants to learn more about the importance of these relationships.

## **What is Big Friendship?**

Big friendship is a term used to describe a close, supportive, and enduring friendship between two or more women. Big friendships are often characterized by a high level of intimacy, trust, and reciprocity.

Big friendships can be found in all walks of life. They can exist between women of different ages, races, religions, and sexual orientations. Big friendships can also exist between women who live in different parts of the world.

What makes a big friendship special is the level of commitment and support that the friends have for each other. Big friends are there for each other through thick and thin. They celebrate each other's successes and support each other through their challenges.

## **The Benefits of Big Friendship**

There are many benefits to having a big friendship. Some of the benefits include:

- **Support:** Big friends are there for each other through good times and bad. They provide emotional support, practical help, and a listening ear.

- **Companionship:** Big friends enjoy spending time together. They share common interests and activities, and they enjoy each other's company.
- **Sense of belonging:** Big friendships can provide a sense of belonging and community. They can help us to feel connected to others and to the world around us.
- **Growth and development:** Big friends can help us to grow and develop as individuals. They challenge us to think differently, to try new things, and to be the best that we can be.

## How to Build a Big Friendship

Building a big friendship takes time and effort. However, it is worth it. Here are a few tips for building a big friendship:

- **Be yourself:** The most important thing is to be yourself around your friends. Don't try to be someone you're not, because your friends will be able to tell.
- **Be supportive:** Be there for your friends through good times and bad. Celebrate their successes and support them through their challenges.
- **Be communicative:** Talk to your friends about what's going on in your life. Share your thoughts, feelings, and experiences. And be a good listener when your friends talk to you.
- **Be respectful:** Respect your friends' opinions and beliefs, even if you don't agree with them. And be respectful of their time and space.
- **Be patient:** Building a big friendship takes time. Don't get discouraged if you don't become best friends overnight. Just keep putting in the

effort and you will eventually build a strong and lasting friendship.

Big friendships are a gift. They are a source of support, companionship, and growth. If you have a big friendship in your life, cherish it. And if you don't, make an effort to build one. You won't regret it.

To learn more about big friendship, read \*Big Friendship\* by Aminatou Sow and Ann Friedman. The book is full of personal essays, interviews, and research that sheds light on the importance of female friendships in our lives.



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