



MWF SEEKING BFF: A READER'S GUIDE

- 1) After moving to Chicago from New York City, Rachel quickly realized that “friend-making is not the natural process is used to be.” Why do you think it is so much harder to make friends as adults? Or do you think making friends is as easy now (or easier) than it was when you were a kid?
- 2) When Rachel writes her BFF “want ad,” she hears from a number of women in her same situation, all of whom are hesitant to admit they too are looking for new friends. Rachel writes, “Popular culture has made it okay to yell ‘I need a man!’ from the rooftops, so why are we still embarrassed to say ‘I want a best friend?’” What do you think? Is it easier to admit you’re looking for love than it is to say you’re in the market for friendship? Why?
- 3) What would your BFF want-ad look like?
- 4) After Rachel meets Amanda (friend-date 18) she realizes that her new friend has a blog, and they’ve each blogged about the other. How has social media (Facebook, Twitter, blogs) affected your friendships and the way you make new friends?
- 5) Rachel claims that her husband isn’t her best friend. “A husband can fill many vital roles—protector, provider, lover—but he can’t be a BFF,” she writes. “Matt is my most intimate companion and the love of my life, But I can’t complain about my husband to my husband. That’s what friends are for.” Do you agree? Or do you think your spouse could be (and maybe *should* be) your best friend forever?
- 6) After looking at the relationship research, Rachel claims that when it comes to friends, “more is more.” Do you agree? Or do you believe in quality over quantity?

7) Have you ever been on a blind friend-date? If yes, what were the circumstances? How did you meet? If no, would you like to? Did *MWF Seeking BFF* warm you up to the idea of friend-dating? What parts of Rachel's search would you be willing to incorporate into your own life?

8) At first, Rachel thinks people will find her friendship advances weird or creepy. Eventually, though, she realizes that "it's not that people are less civilized now, it's just that we think they are, and so we act accordingly. We don't reach out unsolicited for fear of being rejected. We don't talk to new people because we assume they don't want to be bothered. But as I continue to pursue friendships, I'm constantly surprised at how receptive people are." Are you surprised that women were receptive to Rachel's attempts at friendship? How would you have reacted if she had asked you out?

9) Rachel makes clear throughout the book that even though she is looking for new friends, she has plenty of great old friends. What is it about our lives that makes them so special? Did reading about Rachel's quest make you appreciate your own lifelong BFFs more?

10) Throughout her search, people tell Rachel she can't force friendships, they should just happen. Do you think one can successfully search for friendship, or should it always happen naturally?

11) By the end of her quest, Rachel may not have a new BFF but she says she has a "bouquet of friends." For Rachel, the definition of BFF has changed. She realizes she isn't as likely to talk on the phone with her best friend every night for two hours like she did when she was 15. Families, careers and responsibilities make that impossible. How has your definition of BFF, or your requirements of your friends, changed over the years?