



True and Constant Friends: Love and Inspiration from Our Grandmothers, Mothers, and Friends

Kelley Paul , Rand Paul (Foreword)

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Kelley Paul, wife of Senator Rand Paul, celebrates lifelong friendships in a beautifully illustrated book about the female bond.

Feeling blessed to be one of seven friends who met and grew close in college-and looking forward to their celebration of a milestone birthday together-Kelley Paul wanted to know more about the women who were their first sources of love and inspiration, as her own grandmother and mother have been to her.

So she asked each friend to tell her the story of a woman who influenced and guided her, who fostered her sense of joy, independence and courage. As you read each one, you'll discover, as Kelley did, that they're the stories of women everywhere, for they are personal yet universal, ordinary yet extraordinary.

This lovely book also features works of art by the women of HomeFront Family Preservation Center and wise words of female authors and poets.

True and Constant Friends: Love and Inspiration from Our Grandmothers, Mothers, and Friends Details

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From Reader Review True and Constant Friends: Love and Inspiration from Our Grandmothers, Mothers, and Friends for online ebook

Beth Siddens says

This is a book I will recommend to my book club. It isn't a novel, but a collection of essays about (mostly southern) women who have shaped the lives of six women with whom Paul has maintained an enduring friendship since their college days. To begin with, how wonderful and unusual is it for seven women to make the effort it obviously took to maintain their common friendship bond literally over the decades since going their separate ways across different states, despite the many distractions and changes that accompany careers, children and life? That alone is rare and precious. Based on many conversations over the years, Paul asked each of these friends to record her own story about a woman in her life who had been especially supportive, inspirational, or influential. Then she weaves the essays together with descriptions of how she met each friend, and how the individual relationships with each of them had enriched her own life. Paul bookends these essays with descriptions of her beloved (and obviously special) grandmother, an Irish immigrant with a talent for elevating the everyday to the magnificent.

Kelly Paul is a talented writer. She should try her hand at fiction.

Anita Gilreath says

Lovely book and tenderly written to help us remember and treasure those friends and family members who helped mold our lives.

Emily Tsesmeloglou says

I'm a bit of a Rand Paul fangirl, so I'm not sure that I can offer the most objective review. But I loved this book, separate from all the interesting (kind of subtle) political implications of this book. Since having my first girl in July after having two boys, I have thought a lot about what it means to be a woman and to raise a woman, and I loved reading the stories of the strong mothers and grandmothers that influenced Kelley and her friends. I especially enjoyed Kelley's story of her grandmother as it represents the hope of the American dream. The artwork is great, and I loved all the literary quotes throughout the book as well.

Glen says

I won this book in a goodreads drawing.

Rand Paul's wife, and several of her friends, write heart-warming bromides about their grandmothers, and the trials, tribulations, and triumphs of their lives.

Very sentimental. A part of me started humming "Harper Valley P.T.A." in response, but I am a contrarian by nature.

Alicia says

This book is a love letter to all of the women in your life! I truly enjoyed all of these stories of inspiring women from the endearing tale of Kelley's grandmother to the heart wrenching story of the loss of a friend. The artwork is beautiful and was created by homeless women, and the proceeds from the sale of the artwork will benefit the homeless shelter! What's not to love?! Go out and get this book for all of the women you love, admire or wish to inspire.

Michelle says

An awesome book about mothers, daughters and grandmothers and their upbringing and relationships. It helps us see the differences in where we grow up and how that affects us and forms our identities. I liked reading the backgrounds of either the mother or grandmother and then to know a little about the relationship between Kelley and her friend. A very inspirational book.

Christine Zibas says

For women, friendships are critical, particularly those with other women. Our earliest teachers are our mothers and grandmothers, and our education is finished off by our adopted families of friends. This is the message conveyed by Kelley Paul, wife of GOP Presidential Candidate Rand Paul.

Some might see this book as a self-indulgent chronicle of Kelley's own friendships and family connections, but most women will relate to these college friends and the influence they have come under from mothers and grandmothers. Women stand on the shoulders of other women in their accomplishments and lean on other women in times of deep sorrow. All of this is beautifully illustrated in Kelley Paul's book, "True and Constant Friends." The artwork (supplied by women at a domestic shelter) is also beautiful.

There's nothing new under the sun here, but these stories will touch women, and most importantly, remind them of all the reasons to be grateful for the women in their own lives

Lisa Mockus says

This was a great book about family & friends. It will make you think differently about your family of origin and friendship.

Linda says

This book is not what I normally read, but Kelley Paul's book, "True and Constant Friends" is like a breath of fresh air. I read it outside on a beautiful sunny day in one sitting by the pool. It was a perfect setting. It was such an easy read and the stories flow so well.

It is well written and beautifully illustrated. I enjoyed the poems and photos scattered throughout as much as the stories. The book is inspiring, motivating and invokes a combination of feelings; nostalgia, sadness, happiness and pride. It is hard to imagine and just incredible that over several decades, this group of women found a way to stay in contact and meet on an annual basis. I guess that defines the word "friend" for sure.

The book conveys many examples of the strength and hope that women find in the face of adversity.

Any mom or daughter can relate to the stories, but it's also for any man who has ever known or had his life touched by a strong woman. This is one that I will keep on the shelf and read again from time to time.

Thanks.

Maggie Harris says

Kelley Paul's gift book, *True and Constant Friends*, is a charming collection of stories that capture the essence of love from the source in which a group of diverse women individually found it. Whether the source was a young, immigrant woman beginning a legacy in America or the unconditional support and guidance of a close-knit group of girlfriends, the stories emulate how the relationships we share with the women in our life help shape our spirit, happiness, and aspirations. It is a refreshing and unique view of what actually creates and sustains true and constant relationships with our loved ones. As a 26 year old female, I am excited to read this book time and again as I journey through the phases of my life, relating and learning from a different story along the way. I currently connect with Kelley's story about her college, turned lifelong, friends. I too share an unbreakable bond with my college girlfriends and it was encouraging and inspirational to read about their friendship enduring the trials and tribulations of life. The book not only contains beautiful stories, but wonderful works of art and uplifting quotes to brighten any day! It is the perfect gift to mothers, sisters, grandmothers, friends, and especially yourself!

Stephanie Brown says

Kelley Paul's new book *True and Constant Friends* is a wonderful collection of stories

composed by Paul's friends for over three decades , as well as beginning with the author

are tributes to the woman who had 'influenced and guided her, who fostered her sense

of joy, independence and courage." As I read each story. I was not surprised to see many mothers and grandmothers listed. Their stories truly reminded me how blessed I was to have the love of two great ladies my mother and grandmother in my life. I applaud Mrs. Paul for preserving the memories of the marvelous women in her as well as her friends' lives forever in print to be enjoyed by future generations. This beautiful book, which also includes amazing artwork and inspirational quotes, would make a wonderful Mother's Day gift as well as "just because" gift for a new bride, mother, or friend. Enjoy a copy today! I included at the bottom a link to my website www.buildingmemoriesinthebluegrass.com where I try to preserve precious memories from the past (like this wonderful book) but also review books to promote literacy and reading in the Bluegrass state. Especially proud to review this book as Kelley Paul grew up in Russellville Kentucky

and calls Kentucky her home as well.

<http://www.buildingmemoriesintheblueg...>

Ginny says

Stories from the authors friends and family on what friendship means to them. The pictures included in the book are painted by homeless women from a local shelter. Inspiring and heartfelt.

Kim says

Behind every strong woman is a stronger woman. For me, that is the theme of this book. The essays from Mrs. Paul and her college friends recount true stories of women who endured life's valleys with determination, charm and courage. One of my favorite essays is about Loretta Pearl Lyons who, after losing her husband at the age of 34, took over the family dairy farm despite advice to the contrary from family and friends. She raised three children and served as an inspiration to many along the way. " In the terrible loss of her young husband, Loretta was powerless. But her children needed her to become a powerful woman. And so she did.

How many of us have women in our lives that are living examples of " and so she did?" - Women who would probably never view themselves as heroes or pillars of inspiration. They just do what all strong women do, and in so doing leave beautiful examples of life and living like those shared in this book.

Ann says

The importance of friendship in one's life is part of the focus in this book and also an appreciation of your heritage - where you came from and what your predecessors struggled through, their accomplishments and how they handled life. Many of these women came from a privileged background but they have not rested on their family laurels but have gone on to succeed themselves. The women in this book live in a rarified atmosphere with money and the security that money brings and this would be my only criticism.

Jessica says

There were some really inspiring tales in this book; I liked some of the stories about wisdom and love, but I didn't like the tropes of religion. I didn't like the message of Christianity is good, converting to Buddhism is okay, and all other faiths are bad. That actually really angered me. I couldn't get past some of that dialog.

Other than that, the artwork was beautiful and some of the stories do move past the tropes and are relatable.
