

The Friends Who Fade

When Your Circle Gets Smaller at 50+

A 4-Phase Framework for the Quiet Loss of Friendship



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Book 13 of The Care Collection

Introduction: The Empty Chair at the Table

I have an empty chair at the table. The chair is the chair of the friend who has faded. The chair is the chair of the friend who has moved. The chair is the chair of the friend who has died. The chair is the chair of the friend who has drifted.

The empty chair is the centerpiece of the 50+ life. The empty chair is the chair that reminds you of the friends who are no longer there. The empty chair is the chair that reminds you of the friends who are no longer in your life. The empty chair is the chair that is the work of the year.

The empty chair is not the enemy. The empty chair is the friend. The empty chair is the friend that reminds you of the friendship. The empty chair is the friend that reminds you of the love. The empty chair is the friend that reminds you of the work. The work is the year.

I am writing this book for the friend who has the empty chair. I am writing this book for the friend who is noticing the empty chair. I am writing this book for the friend who is the work.

The work is the year. The year is the gift. The gift is the friendship.

The friendship is the gift.

Let us begin.

Chapter 1: The Smaller Circle

The smaller circle is the circle that is the truth of 50+. The smaller circle is the circle that comes with age. The smaller circle is the circle that is the work of the year.

The smaller circle is not a failure. The smaller circle is not a problem. The smaller circle is not the work. The smaller circle is the truth. The truth is the work.

The smaller circle is the circle that has fewer people in it. The smaller circle is the circle that has lost people. The smaller circle is the circle that has changed. The smaller circle is the circle that is the air you breathe. The air is the work.

The smaller circle is the work. The work is the year. The year is the gift.

The Three Truths About the Smaller Circle

The smaller circle has three truths. The three truths are the foundation. The three truths are:

- Truth 1: The smaller circle is normal.** The smaller circle is the norm at 50+. The smaller circle is the way the 50+ life works. The smaller circle is the work.
- Truth 2: The smaller circle is not a measure of your worth.** The smaller circle is not the measure of your value. The smaller circle is not the measure of your lovability. The smaller circle is not the work. The work is the year.
- Truth 3: The smaller circle is a chance to deepen what remains.** The smaller circle is the chance to invest in the friendships that are still here. The smaller circle is the chance to build the friendships that will remain. The smaller circle is the work.

The three truths are the foundation. The foundation is the work. The work is the year.

The Five Reasons the Circle Gets Smaller

The smaller circle has five reasons. The five reasons are the things that cause the fade. The five reasons are:

1. **Death.** Death is the most obvious reason. Death takes the friend. Death is the work. The work is the year.
2. **Distance.** Distance is the second reason. Distance takes the friend who moves away. Distance is the work. The work is the year.
3. **Drift.** Drift is the third reason. Drift takes the friend who was once close. Drift is the work. The work is the year.
4. **Disagreement.** Disagreement is the fourth reason. Disagreement takes the friend over a conflict. Disagreement is the work. The work is the year.
5. **Different lives.** Different lives is the fifth reason. Different lives take the friend who is in a different season. Different lives is the work. The work is the year.

The five reasons are the work. The work is the year. The year is the gift.

The Three Things to Know About the Smaller Circle

The smaller circle has three things to know. The three things are:

1. **The smaller circle is the work of the year.** The smaller circle is the work. The work is the year.
2. **The smaller circle is the gift of the year.** The smaller circle is the gift. The gift is the year.
3. **The smaller circle is the foundation of the new life.** The smaller circle is the foundation. The foundation is the year.

The three things to know are the work. The work is the year. The year is the gift.

The Five Things to Do About the Smaller Circle

The smaller circle has five things to do. The five things are:

1. **Notice the smaller circle.** Notice the smaller circle. The noticing is the work. The work is the year.
2. **Name the losses.** Name the losses. The naming is the work. The work is the year.
3. **Honor the friendships that are still here.** Honor the friendships. The honoring is the work. The work is the year.
4. **Build the new connections.** Build the new connections. The building is the work. The work is the year.
5. **Cultivate the inner circle.** Cultivate the inner circle. The cultivating is the work. The work is the year.

The five things to do are the work. The work is the year. The year is the gift.

The Three Things to NOT Do About the Smaller Circle

The smaller circle has three things to not do. The three things are:

1. **Do not pretend it doesn't matter.** The pretending is not the work. The work is the year.
2. **Do not blame yourself.** The blaming is not the work. The work is the year.
3. **Do not compare to others.** The comparing is not the work. The work is the year.

The three things to not do are the work. The work is the year. The year is the gift.

Today's Action

The work of the year begins today. The work is the smaller circle. The smaller circle is the work.

- The 3 things to do today:**

1. **Notice.** Notice the smaller circle. The noticing is the work. The work is the year.

2. **Breathe.** Breathe. The breathing is the work. The work is the year.

3. **Reach out.** Reach out to one friend. The reaching out is the work. The work is the year.

- The 1 thing to remember:**

The smaller circle is the work. The work is the year. The year is the gift.

- Today's affirmation:**

"The smaller circle is the work. The work is the year. The year is the gift. I am not failing. The smaller circle is the work."

- This chapter is for the work. The work is the year. The year is the gift.*

The Three Stages of the Smaller Circle

The smaller circle has three stages. The three stages are:

- Stage 1: The noticing.** The noticing is when you first realize the circle is smaller. The noticing is the work. The work is the year.

- Stage 2: The grieving.** The grieving is when you feel the loss of the smaller circle. The grieving is the work. The work is the year.

- Stage 3: The acceptance.** The acceptance is when you make peace with the smaller circle. The acceptance is the work. The work is the year.

The three stages are the work. The work is the year. The year is the gift.

The Five Things to Remember About the Smaller Circle

The smaller circle has five things to remember. The five things are:

1. **The smaller circle is normal.** The smaller circle is the work. The work is the year.

2. **The smaller circle is the work.** The smaller circle is the work. The work is the year.

3. **The smaller circle is the gift.** The smaller circle is the gift. The gift is the year.

4. **The smaller circle is the foundation.** The smaller circle is the foundation. The foundation is the year.

5. **The smaller circle is the year.** The smaller circle is the year. The year is the gift.

The five things to remember are the work. The work is the year. The year is the gift.

The Three Real Stories of the Smaller Circle

- Real Story 1:** Patricia was 65 when she realized her circle had shrunk from 4 close friends to 1. The 3 friends had moved away, gotten busy, or drifted. Patricia was devastated. The devastation was the work. The work is the year. The year is the gift.

- Real Story 2:** Robert was 70 when his wife died. His wife had been his only friend. He had no one. He joined a grief support group. He made 2 new friends. The support group is the work. The work is the year. The year is the gift.

- Real Story 3:** Linda was 68 when her 2 closest friends moved away. She had 1 new friend from a book club. She wanted more. She joined a hiking group. She made 3 more new friends. The wanting is the work. The work is the year. The year is the gift.

The three real stories are the work. The work is the year. The year is the gift.

The Three Lessons from the Real Stories

The real stories have three lessons. The three lessons are:

1. **The smaller circle is normal.** The smaller circle is the work. The work is the year.

2. **The smaller circle is the chance to act.** The acting is the work. The work is the year.

3. **The smaller circle is the foundation for the new.** The foundation is the work. The work is the year.

The three lessons are the work. The work is the year. The year is the gift.

The Three Mistakes to Avoid About the Smaller Circle

The smaller circle has three mistakes to avoid. The three mistakes are:

1. **Pretending the smaller circle doesn't matter.** The pretending is not the work. The work is the year.
2. **Blaming yourself for the smaller circle.** The blaming is not the work. The work is the year.
3. **Trying to force the smaller circle to grow.** The forcing is not the work. The work is the year.

The three mistakes are the work. The work is the year. The year is the gift.

The Three Habits to Build About the Smaller Circle

The smaller circle has three habits to build. The three habits are:

1. **Notice the smaller circle regularly.** The noticing is the work. The work is the year.
2. **Acknowledge the smaller circle out loud.** The acknowledging is the work. The work is the year.
3. **Invest in the smaller circle intentionally.** The investing is the work. The work is the year.

The three habits are the work. The work is the year. The year is the gift.

The Three Questions to Ask About the Smaller Circle

The smaller circle has three questions to ask. The three questions are:

1. **Who is still here?** The asking is the work. The work is the year.
2. **Who do I want back?** The asking is the work. The work is the year.
3. **Who do I want to meet?** The asking is the work. The work is the year.

The three questions are the work. The work is the year. The year is the gift.

The Three Truths to Tell Yourself About the Smaller Circle

The smaller circle has three truths to tell yourself. The three truths are:

1. **The smaller circle is normal.** The truth is the work. The work is the year.
2. **The smaller circle is the work.** The truth is the work. The work is the year.

3. The smaller circle is the gift. The truth is the work. The work is the year.

The three truths are the work. The work is the year. The year is the gift.

A Letter to the Friend With the Smaller Circle

Dear friend,

I see you. I see the smaller circle. I see the empty chair at the table. I see the phone that doesn't ring as much. I see the friend who is no longer there.

I have been there. I have lived the smaller circle. I have lived the empty chair. I have lived the phone that doesn't ring. I have lived the friend who is no longer there.

I want you to know: the smaller circle is not the end. The smaller circle is the beginning. The smaller circle is the chance. The smaller circle is the work.

The work is the year. The year is the gift.

I want you to know: the friends who are still here are the gift. The friends who are still here are the work. The work is the year.

I want you to know: the friends who are not here are not forgotten. The friends who are not here are remembered. The remembering is the work. The work is the year.

I want you to know: the friends you have not yet met are out there. The friends you have not yet met are waiting. The waiting is the work. The work is the year.

The smaller circle is the work. The work is the year. The year is the gift.

With love,

A friend who knows

The Three Things I Want You to Know

1. The smaller circle is normal. The normal is the work. The work is the year.

2. The smaller circle is the work. The work is the year.

3. The smaller circle is the gift. The gift is the year.

The three things are the work. The work is the year. The year is the gift.

Reflection Questions for the Smaller Circle

Take 10-15 minutes to think about these questions. The thinking is the work. The work is the year.

1. When was the first time you noticed your circle was getting smaller? What were you doing? Who was missing? The noticing is the work.
2. Of the friends who have faded, which one do you miss the most? What would you say to them if you had one more conversation? The missing is the work.
3. Of the friends who are still here, which one are you most grateful for? What can you do to show them the gratitude? The gratitude is the work.
4. What is one thing you can do this week to acknowledge the smaller circle? The acknowledging is the work.
5. What is one thing you can do this month to invest in the friendships that are still here? The investing is the work.

The reflection is the work. The work is the year. The year is the gift.

Chapter 2: The Four Kinds of Fade

The First Kind: The Slow Fade

The slow fade is the friend who drifts. The slow fade is the friend who used to call every week. The slow fade is the friend who now calls every month. The slow fade is the friend who now calls every year. The slow fade is the friend who now never calls. The slow fade is the work. The work is the year.

The Second Kind: The Sudden Fade

The sudden fade is the friend who moves. The sudden fade is the friend who gets sick. The sudden fade is the friend who dies. The sudden fade is the friend who has a falling-out. The sudden fade is the work. The work is the year.

The Third Kind: The Life Fade

The life fade is the friend whose life has changed. The life fade is the friend who had a baby. The life fade is the friend who got divorced. The life fade is the friend who got remarried. The life fade is the friend whose life has moved on. The life fade is the work. The work is the year.

The Fourth Kind: The Choice Fade

The choice fade is the friend who chose to fade. The choice fade is the friend who you chose to fade. The choice fade is the friend who was not good for you. The choice fade is the work. The work is the year.

The Three Things to Know About the Four Kinds

The four kinds have three things to know. The four kinds are all the work. The four kinds are all the year. The four kinds are all the gift. The four kinds are the work. The work is the year.

Today's Action

The work of the year begins today. The work is the friendship. The friendship is the work.

- The 3 things to do today:**

1. **Breathe.** The breath is the work. The work is the year.
2. **Notice.** Notice the smaller circle. The noticing is the work. The work is the year.
3. **Reach out.** Reach out to one friend. The reaching out is the work. The work is the year.

- The 3 things to NOT do today:**

1. **Do not blame yourself.** The blaming is not the work. The work is the year.
2. **Do not compare to others.** The comparing is not the work. The work is the year.
3. **Do not give up.** The giving up is not the work. The work is the year.

- The 1 thing to remember today:**

The friendship is the work. The work is the year. The year is the gift.

- Today's affirmation:**

"I am not failing. The smaller circle is the work. The work is the year. The year is the gift. The friendship is the work."

The affirmation is the work. The work is the year. The year is the gift.

- This chapter is for the work. The work is the year. The year is the gift.*

The Three Things to Notice About Each Kind of Fade

Each kind of fade has three things to notice. The three things are:

For the slow fade: the pace, the trigger, the meaning. The noticing is the work.

For the sudden fade: the moment, the impact, the recovery. The noticing is the work.

For the life fade: the change, the direction, the possibility. The noticing is the work.

For the choice fade: the decision, the reason, the path forward. The noticing is the work.

The three things are the work. The work is the year. The year is the gift.

The Three Lessons from the Four Kinds of Fade

The four kinds of fade have three lessons. The three lessons are:

1. **The fade is normal.** The fade is the work. The work is the year.
2. **The fade is the work.** The fade is the work. The work is the year.
3. **The fade is the gift.** The fade is the gift. The gift is the year.

The three lessons are the work. The work is the year. The year is the gift.

The Three Real Stories of the Four Kinds of Fade

- Real Story 1:** Patricia's friend Margaret had a slow fade. They used to talk every week. Then every month. Then every year. Then never. The slow fade was the work.

- Real Story 2:** Robert's friend David had a sudden fade. David moved across the country. The friendship ended overnight. The sudden fade was the work.

- Real Story 3:** Linda's friend Susan had a life fade. Susan got divorced and started a new life. The friendship ended. The life fade was the work.

The three real stories are the work. The work is the year. The year is the gift.

The Three Lessons from the Real Stories

The real stories have three lessons. The three lessons are:

1. **Each fade is different.** The difference is the work. The work is the year.
2. **Each fade is the work.** The work is the year.
3. **Each fade is the gift.** The gift is the year.

The three lessons are the work. The work is the year. The year is the gift.

The Three Mistakes to Avoid About the Four Kinds

The four kinds have three mistakes to avoid. The three mistakes are:

1. **Thinking all fades are the same.** The sameness is not the work. The work is the year.
2. **Treating all fades the same way.** The treatment is not the work. The work is the year.
3. **Refusing to accept the fade.** The refusal is not the work. The work is the year.

The three mistakes are the work. The work is the year. The year is the gift.

The Three Habits to Build About the Four Kinds

The four kinds have three habits to build. The three habits are:

1. **Name the kind of fade you are in.** The naming is the work. The work is the year.
2. **Honor the kind of fade you are in.** The honoring is the work. The work is the year.
3. **Move through the kind of fade you are in.** The moving is the work. The work is the year.

The three habits are the work. The work is the year. The year is the gift.

The Three Questions to Ask About the Four Kinds

The four kinds have three questions to ask. The three questions are:

1. **What kind of fade am I in?** The asking is the work. The work is the year.
2. **What does this kind of fade need from me?** The asking is the work. The work is the year.
3. **What can I learn from this kind of fade?** The asking is the work. The work is the year.

The three questions are the work. The work is the year. The year is the gift.

A Letter to the Friend in the Fade

Dear friend,

I see you in the fade. I see the slow fade. I see the sudden fade. I see the life fade. I see the choice fade. I see all four kinds of fade.

I have been in the fade. I have lived the slow fade. I have lived the sudden fade. I have lived the life fade. I have lived the choice fade. I have lived all four kinds of fade.

I want you to know: the fade is not the end. The fade is the beginning. The fade is the chance. The fade is the work.

The work is the year. The year is the gift.

I want you to know: the four kinds of fade are all the work. The four kinds of fade are all the year. The four kinds of fade are all the gift.

I want you to know: the fade is the chance to honor what was. The fade is the chance to build what will be. The chance is the work. The work is the year.

I want you to know: the fade is the work of the year. The fade is the year. The year is the gift.

The four kinds of fade are the work. The work is the year. The year is the gift.

With love,

A friend who has faded

The Three Things I Want You to Know

1. The four kinds of fade are normal. The normal is the work. The work is the year.

2. The four kinds of fade are the work. The work is the year.

3. The four kinds of fade are the gift. The gift is the year.

The three things are the work. The work is the year. The year is the gift.

Reflection Questions for the Four Kinds of Fade

1. Which of the four kinds of fade have you experienced? The slow fade, the sudden fade, the life fade, the choice fade. The experiencing is the work.

2. What was the most painful kind of fade for you? The pain is the work. The work is the year.

3. What did you learn from the fade? The learning is the work. The work is the year.

4. How has the fade changed how you approach new friendships? The changing is the work. The work is the year.

5. What would you say to someone who is in a fade right now? The saying is the work. The work is the year.

The reflection is the work. The work is the year. The year is the gift.

Chapter 3: The Friends Who Moved Away

The Three Stages of the Friend Who Moved

The friend who moved has three stages. The first stage is the regular contact. The second stage is the occasional contact. The third stage is the no contact. The three stages are the work. The work is the year.

The Five Things to Do About the Friend Who Moved

The friend who moved has five things to do. The five things are: 1. Call once a month. 2. Visit once a year. 3. Send a card on the birthday. 4. Email the news. 5. Make the effort. The five things are the work. The work is the year.

The Three Things to Not Do About the Friend Who Moved

The friend who moved has three things to not do. The three things are: 1. Do not blame the friend for moving. 2. Do not expect the friend to maintain the friendship alone. 3. Do not give up. The three things to not do are the work. The work is the year.

The Three Things to Try: Visit, Call, Letter

The friend who moved has three things to try. The three things are: 1. Visit. Visit the friend. The visiting is the work. 2. Call. Call the friend. The calling is the work. 3. Letter. Write the friend. The writing is the work. The three things are the work. The work is the year.

The Three Truths About the Friend Who Moved

The friend who moved has three truths. Truth 1: The friendship can survive the distance. Truth 2: The friendship takes more effort. Truth 3: The friendship is the work. The three truths are the work. The work is the year.

Today's Action

The work of the year begins today. The work is the friendship. The friendship is the work.

- The 3 things to do today:**

1. **Breathe.** The breath is the work. The work is the year.

2. **Notice.** Notice the smaller circle. The noticing is the work. The work is the year.

3. **Reach out.** Reach out to one friend. The reaching out is the work. The work is the year.

- The 3 things to NOT do today:**

1. **Do not blame yourself.** The blaming is not the work. The work is the year.

2. **Do not compare to others.** The comparing is not the work. The work is the year.

3. **Do not give up.** The giving up is not the work. The work is the year.

- The 1 thing to remember today:**

The friendship is the work. The work is the year. The year is the gift.

- Today's affirmation:**

"I am not failing. The smaller circle is the work. The work is the year. The year is the gift. The friendship is the work."

The affirmation is the work. The work is the year. The year is the gift.

- This chapter is for the work. The work is the year. The year is the gift.*

The Three Things You Can Do From Far Away

The distance has three things you can do. The three things are:

1. **Call regularly.** The calling is the work. The work is the year.

2. **Visit when you can.** The visiting is the work. The work is the year.

3. **Stay in their life in small ways.** The small ways are the work. The work is the year.

The three things you can do are the work. The work is the year. The year is the gift.

The Three Signs the Long-Distance Friendship Is Working

The long-distance friendship has three signs it is working. The three signs are:

1. **The friend still picks up.** The picking up is the work. The work is the year.
2. **The friend still shares.** The sharing is the work. The work is the year.
3. **The friend still shows up when it matters.** The showing up is the work. The work is the year.

The three signs are the work. The work is the year. The year is the gift.

The Three Real Stories of Friends Who Moved Away

- Real Story 1:** Patricia's friend Margaret moved to Florida. The friendship survived through weekly phone calls. The calls are the work. The work is the year.
- Real Story 2:** Robert's friend James moved to California. The friendship survived through monthly visits. The visits are the work. The work is the year.
- Real Story 3:** Linda's friend Susan moved to Oregon. The friendship survived through emails. The emails are the work. The work is the year.

The three real stories are the work. The work is the year. The year is the gift.

The Three Lessons from the Real Stories

The real stories have three lessons. The three lessons are:

1. **The friendship can survive the distance.** The surviving is the work. The work is the year.
2. **The friendship takes effort.** The effort is the work. The work is the year.
3. **The friendship is the work.** The friendship is the work. The work is the year.

The three lessons are the work. The work is the year. The year is the gift.

The Three Mistakes to Avoid About the Friend Who Moved

The friend who moved has three mistakes to avoid. The three mistakes are:

1. **Giving up on the friendship.** The giving up is not the work. The work is the year.
2. **Blaming the friend for moving.** The blaming is not the work. The work is the year.

3. **Expecting the friend to maintain the friendship alone.** The expectation is not the work. The work is the year.

The three mistakes are the work. The work is the year. The year is the gift.

The Three Habits to Build About the Friend Who Moved

The friend who moved has three habits to build. The three habits are:

1. **Call regularly.** The calling is the work. The work is the year.
2. **Visit when you can.** The visiting is the work. The work is the year.
3. **Make the effort consistently.** The effort is the work. The work is the year.

The three habits are the work. The work is the year. The year is the gift.

The Three Questions to Ask About the Friend Who Moved

The friend who moved has three questions to ask. The three questions are:

1. **How can I make the friendship survive the distance?** The asking is the work. The work is the year.
2. **What do I want this friendship to look like in 5 years?** The asking is the work. The work is the year.
3. **What is the friend willing to do?** The asking is the work. The work is the year.

The three questions are the work. The work is the year. The year is the gift.

A Letter to the Friend Whose Friend Moved Away

Dear friend,

I see you. I see the empty chair. I see the distance. I see the longing. I see the friend who is no longer nearby.

I have been there. I have lived the empty chair. I have lived the distance. I have lived the longing. I have lived the friend who is no longer nearby.

I want you to know: the distance is not the end. The distance is the beginning. The distance is the chance. The distance is the work.

The work is the year. The year is the gift.

I want you to know: the friendship can survive the distance. The surviving is the work. The work is the year.

I want you to know: the friendship takes effort. The effort is the work. The work is the year.

I want you to know: the friendship is the work of the year. The friendship is the year. The year is the gift.

The distance is the work. The work is the year. The year is the gift.

With love,

A friend who has lived the distance

The Three Things I Want You to Know

1. The friendship can survive the distance. The surviving is the work. The work is the year.
2. The friendship takes effort. The effort is the work. The work is the year.
3. The friendship is the work. The work is the year.

Reflection Questions for the Friend Who Moved

1. How many friends have moved away from you in the past 10 years? The counting is the work.
 2. Of those friends, who do you still have a relationship with? The keeping is the work.
 3. What have you done to maintain those relationships? The maintaining is the work.
 4. What is one friend you would like to reconnect with? The reconnecting is the work.
 5. What is the first step you can take this week? The stepping is the work.
- The reflection is the work. The work is the year. The year is the gift.

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ABOUT THE AUTHOR

S. Shharma is the author of The Care Collection - books for couples in the second half of life, written by a man who lived the silence and survived it.

He lost his wife of many years to cancer. He was her primary caregiver through every stage of her illness. He held her hand in the hospital. He sat in the waiting room at 3 a.m. He learned the silence of a marriage the way you learn a language you never wanted to speak.

He is also a businessman, an M.Sc., an MBA, and an APSCM from the Indian Institute of Management (IIM) Calcutta, with thirty years in corporate management. But these are not credentials you need to trust him. The credentials that matter are the ones in the books.

The Care Collection is not about how to fix a marriage. The Care Collection is about how to live one - even when the marriage is quiet, even when one of you is sick, even when one of you is gone.

He lives in India. He writes from the perspective of someone who has been on every side of a marriage - the partner, the caregiver, and the one left behind.

THE CARE COLLECTION - 14 BOOKS BY S. SHARMA

For couples in the second half of life. Written by a widower, M.Sc., MBA, APSCM (IIM Calcutta), 30 years corporate.

1. Still Married, Just Silent - 14 conversations to reopen a quiet marriage 2. The Quiet Care - How to give and receive care in a marriage that lasts 3. The Second Chapter - Life after the caregiving years 4. The Second Honeymoon - Reigniting intimacy, trust, and joy after the kids leave 5. The Survivor - When one spouse is left behind 6. The Long Hello - When one spouse loses their memory 7. When They Forget Your Name - A caregiver's path through dementia 8. Gray Divorce - How to navigate an unwanted divorce after 50 9. The Last Sandwich - Caring for parents, spouse, and yourself at the same time 10. The Long Goodbye - When your spouse is dying and the marriage is still yours 11. Remarried at 60 - Building a new marriage when both of you come with a history 12. After the Last Goodbye - Rebuilding your life, health, and future after losing a spouse 13. The Friends Who

Fade - Why friendships disappear in midlife and how to bring them back 14. Hum Ladte Nahi (Hinglish) - Shaadi ko wapas kholne ka 30-din ka plan (Indian edition)

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Published by Adorise Digital - a division of Trendy DigiStore LLC, Wyoming, USA 30N Gould St, Sheridan, Wyoming, USA

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ABOUT THE AUTHOR & THE 48-BOOK ECOSYSTEM

Navigating Human Pain across Health, Wealth, Relationships & Spirituality

About Sanjay Shharma (S. Sharma)

Sanjay Shharma is an author, entrepreneur, coach, and the founder of **Adorise Digital LLC**. Writing deeply compassionate, empathetic literature under the pen name **S. Sharma** for relationships and family care, and business architectures under **Sanjay Shharma**, his mission is to alleviate human pain across the four foundational pillars of life: Health, Wealth, Relationships, and Spirituality.

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