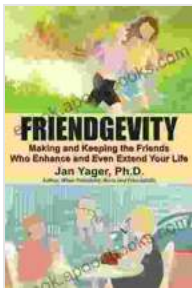


Making and Keeping Friends: The Secret to a Longer, Happier Life

Friends are essential for our well-being. They provide us with love, support, and companionship. They make us laugh, they make us think, and they help us through tough times. But what makes a good friend? And how can we make and keep friends who will enrich our lives and even help us live longer?



Friendgeivity: Making and Keeping the Friends Who Enhance and Even Extend Your Life by Jan Yager

★★★★☆ 4.1 out of 5

Language	: English
File size	: 5184 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 274 pages
Lending	: Enabled



In her new book, *Making and Keeping the Friends Who Enhance and Even Extend Your Life*, Dr. Miriam Cherney explores the science of friendship. She draws on her own research and the latest findings in psychology to provide a practical guide to building and maintaining healthy friendships.

Cherney argues that the key to making good friends is to be a good friend yourself. This means being kind, supportive, and trustworthy. It also means

being willing to listen and to be there for your friends when they need you.

In addition to being a good friend, Cherney also recommends finding friends who share your values and interests. This will make it easier to connect with them and to build a lasting friendship.

Of course, making friends is only half the battle. The other half is keeping them. Cherney offers a number of tips for keeping your friendships strong, including:

- Make time for your friends.
- Be there for your friends when they need you.
- Be a good listener.
- Be supportive of your friends' goals and dreams.
- Forgive your friends when they make mistakes.

Following these tips will help you to build and maintain healthy friendships that will enrich your life and even help you live longer.

The Benefits of Friendship

Friendship has a number of benefits for our physical and mental health. Studies have shown that friends can:

- Reduce stress
- Boost our immune system
- Help us recover from illness
- Increase our sense of well-being

- Make us happier
- Help us live longer

In fact, one study found that people with strong social ties were 50% more likely to survive a heart attack than those with weak social ties.

Friendship is essential for our physical and mental health. It can help us live longer, happier, and more fulfilling lives.

How to Make and Keep Friends

Making and keeping friends is not always easy, but it is worth the effort. Here are a few tips to help you get started:

- Join a club or group that interests you.
- Volunteer your time to a cause you care about.
- Take a class or workshop.
- Attend social events.
- Talk to the people around you.

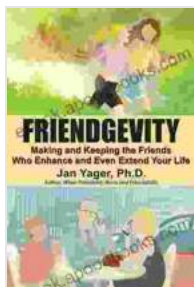
Once you have met some potential friends, take the time to get to know them. Ask them about their interests, their hobbies, and their goals. Find out what makes them laugh and what makes them cry. The more you invest in your friendships, the stronger they will become.

It is also important to be a good friend yourself. This means being kind, supportive, and trustworthy. It also means being willing to listen and to be there for your friends when they need you. By following these tips, you will

be well on your way to making and keeping the friends who will enhance and even extend your life.

Friendship is a precious gift. It is one of the most important things in our lives. By making and keeping good friends, we can improve our physical and mental health, increase our happiness, and live longer, more fulfilling lives.

If you are looking to make new friends or strengthen the friendships you already have, I encourage you to read Dr. Miriam Cherney's book, *Making and Keeping the Friends Who Enhance and Even Extend Your Life*. This book is full of practical advice and insights that will help you to build and maintain healthy friendships that will last a lifetime.



Friendgevity: Making and Keeping the Friends Who Enhance and Even Extend Your Life by Jan Yager

★★★★☆ 4.1 out of 5

Language	: English
File size	: 5184 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 274 pages
Lending	: Enabled

FREE

DOWNLOAD E-BOOK





Your Essential Guide to the Best Cities in the US: A Comprehensive Multi-Language City Guide

Are you planning a trip to the United States and want to experience the vibrant culture and diverse cities it has to offer? Look no further than our...



"Born Again Bikers: View from the Pillion" - The Ultimate Motorcycle Memoir for Adrenaline Junkies and Soul Seekers Alike

A Journey of Self-Discovery and the Transformative Power of Embracing Adventure, Freedom, and a Love of Two Wheels In her captivating...