

[PDF] Friendfluence: The Hidden Ways In Which Friendships Make Us Who We Are

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Books Details:

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Description:

Review "*Friendfluence* provides a charming and informative examination of the impact of friendship at a time in which family relations and social structures have been scrambled.....awash in arresting insights with practical implications, many of them counter-intuitive.... timely, savvy, and judicious"

--**The Huffington Post**

"If you've been thinking of starting a book club with your BFFs, here's your first assignment."

--**Book Page**

"Intriguing...A convincing case for nurturing friendships in many of the same ways we nurture

relationships with partners and other family--both online and off"

--Kirkus Reviews

"[Flora's] interdisciplinary discussion draws on scientific research, philosophy, and anecdotes to examine friendship across a lifespan, from playground pals to adolescent and adult relationships....Compelling....Discloses many of friendship's secrets"

--Publishers Weekly

"Contemporary scientists and ancient philosophers agree: friendship is a key to happiness, and FRIENDFLUENCE is a fascinating and thought-provoking examination of the new science that explores this crucial element of our lives. FRIENDFLUENCE is so persuasive that the minute I put the book down, I made three dates to see friends."

--Gretchen Rubin, New York Times bestselling author of THE HAPPINESS PROJECT

"Carlin Flora has written a delightful book on the power of friendship. Combining the latest research with engaging stories, *Friendfluence* shines with authenticity and is a must-read for anyone who wants to know more about our ancient human desire to connect."

-- James H. Fowler, co-author of CONNECTED and Professor of Medical Genetics and Political Science at the University of California, San Diego

"We tend to think of friends as relationships we simply *have*, when in profound ways, friends both reflect and determine who we actually *are*. Happiness and success begin with self-knowledge, and as Carlin Flora shows us in her compelling and delightful book *Friendfluence*, the key to understanding yourself may well lie in your friendships, past and present. This is a must-read for anyone looking to experience greater well-being... in other words, for everyone."

--Heidi Grant Halvorson, Ph.D., author of *Succeed* and Director of the Motivation Science Center, Columbia Business School.

"A captivating read about an eternally fascinating subject--friendship. Flora's easy-to-read prose blends narrative and scientific research seamlessly. You will finish the book with a better understanding of why good friends are worth keeping."

-Jane Gradwohl Nash, Professor of Psychology and one of the "GIRLS FROM AMES"

"In our changing social world of flexible networks, shifting families and blurred boundaries, many of us sense that friends and friendships have increased in importance, but we can't say why. In *Friendfluence*, Carlin Flora tells us precisely why in her lively account of both the science and poetry of friendship. Worthy reading for anyone who is not a hermit in the woods--or, perhaps, especially by the friendless."

--Dalton Conley Ph.D., author of THE PECKING ORDER and Professor of Sociology at New York University

"*Friendfluence* offers a penetrating look at our most taken-for-granted relationship. Carlin Flora's observations, backed up by the latest research, will not only prompt you to dissect every key friendship you've had since kindergarten, but inspire you to become a better friend."

--Sally Koslow, author of *Slouching Toward Adulthood: Observations from the Not-So-Empty Nest* and the novel, *With Friends Like These*

"I don't know about you, but I wouldn't be who I am without my dear friends. Now Carlin Flora explains why and how friends matter so much. A fascinating read!"

--MJ Ryan, author of THIS YEAR I WILL: How to Change a Habit, Keep a Resolution or Make a Dream Come True

From the Hardcover edition.

About the Author Carlin Flora was on the staff of *Psychology Today* for eight years, most recently as features editor. She is a graduate of the University of Michigan and Columbia University School of Journalism and has written for *Discover*, *Glamour*, *Women's Health*, and *Men's Health*, among others. She has also appeared on *The Oprah Winfrey Show*, CNN, Fox News, and *20/20*. She lives in Queens, New York.

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