

Friendfluence The Surprising Ways Friends Make Us Who We Are Carlin Flora

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Can Men and Women Really Be Friends? Why Friends are Great for You — FRIENDFLUENCE by Carlin Flora

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Stress Management Strategies: Ways to Unwind*Slobs and Playboys: How Men Tackle Interior Design* **Friendfluence: The Surprising Ways Friends**

Just as the role of friends is expanding in our culture, Friendfluence explores their powerful and often under-appreciated influence on our personalities, habits, physical health, and even our chances of success in life. In this fascinating book, packed with the latest research findings, Carlin Flora traces friendship from its evolutionary roots to its starring role in childhood and adolescence to its subtle (and sometimes not-so-subtle) impact on adults—both positive and negative, online ...

Friendfluence: The Surprising Ways Friends Make Us Who We ...

Friendfluence surveys online-only pals, friend breakups, the power of social networks, envy, peer pressure, the dark side of amicable ties, and many other varieties of friendship. Told with warmth, scientific rigor, and a dash of humor, Friendfluence not only illuminates and interprets the science but draws on clinical psychology and philosophy to help readers evaluate and navigate their own important friendships.

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Friendfluence: The Surprising Ways Friends Make Us Who We ...

Friendfluence is exactly what the name says: a book about how friends influence each other. The book looks at a wide array of friendships: children who become friends because their parents know each other, friendships formed because of common illnesses, friendships that are fleeting, friendships with like-minded people, friendships with people ...

Friendfluence: The Surprising Ways Friends Make Us Who We ...

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Back in 1937, Dale Carnegie published his hugely popular book *How to Win Friends and Influence People*. Carnegie urged people to copy the behaviors and traits we naturally find desirable in others, such as smiling a lot, encouraging conversation partners to talk about themselves, and using their names frequently.

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Friendfluence by Flora, Carlin (eBook) — eBooks.com

Praise For Friendfluence: The Surprising Ways Friends Make Us Who We Are... " 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"

Friendfluence: The Surprising Ways Friends Make Us Who We ...

Knopf Doubleday Publishing Group, Jan 15, 2013 - Family & Relationships - 288 pages. 3 Reviews. Discover the unexpected ways friends influence our personalities, choices, emotions, and even...

Friendfluence: The Surprising Ways Friends Make Us Who We ...

In Friendfluence: The Surprising Ways Friends Make Us Who We Are, Carlin Flora explores “the powerful and often unappreciated role that friends—past and present—play in determining our sense of self and the direction of our lives.” What is Friendship? Friendships are the least institutionalized and most voluntary social relationship we have.

The Surprising Ways Friends Make Us Who We Are

And in recent studies, having close friends was found to reduce a person's risk of death from breast cancer and coronary disease, while having a spouse was not.Friendfluence surveys online-only pals, friend breakups, the power of social networks, envy, peer pressure, the dark side of amicable ties, and many other varieties of friendship.

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Carlin Flora Carlin Flora was an editor and writer for Psychology Today from 2003-2011. She is the author of Friendfluence: The Surprising Ways Friends Make Us Who We Are (Doubleday, January 2013),...

Carlin Flora | Psychology Today

| Friendfluence: The Surprising Ways Friends Make Us Who We Are| Having a friend you see on most days is the happiness equivalent of an extra 100K a year. ...having a friend whom you see on most...

6 science-based tips for making friends — The Week

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Discover the unexpected ways friends influence our personalities, choices, emotions, and even physical health in this fun and compelling examination of friendship, based on the latest scientific research and ever-relatable anecdotes. Why is dinner with friends often more laughter filled and less fraught than a meal with family? Although some say it's because we choose our friends, it's also because we expect less of them than we do of relatives. While we're busy scrutinizing our romantic relationships and family dramas, our friends are quietly but strongly influencing everything from the articles we read to our weight fluctuations, from our sex lives to our overall happiness levels. Evolutionary psychologists have long theorized that friendship has roots in our early dependence on others for survival. These days, we still cherish friends but tend to undervalue their role in our lives. However, the skills one needs to make good friends are among the very skills that lead to success in life, and scientific research has recently exploded with insights about the meaningful and enduring ways friendships influence us. With people marrying later—and often not at all—and more families having just one child, these relationships may be gaining in importance. The evidence even suggests that at times friends have a greater hand in our development and well-being than do our romantic partners and relatives. Friends see each other through the process of growing up, shape each other's interests and outlooks, and, painful though it may be, expose each other's rough edges. Childhood and adolescence, in particular, are marked by the need to create distance between oneself and one's parents while forging a unique identity within a group of peers, but friends continue to influence us, in ways big and small, straight through old age. Perpetually busy parents who turn to friends—for intellectual stimulation, emotional support, and a good dose of merriment—find a perfect outlet to relieve the pressures of raising children. In the office setting, talking to a friend for just a few minutes can temporarily boost one's memory. While we romanticize the idea of the lone genius, friendship often spurs creativity in the arts and sciences. And in recent studies, having close friends was found to reduce a person's risk of death from breast cancer and coronary disease, while having a spouse was not. Friendfluence surveys online-only pals, friend breakups, the power of social networks, envy, peer pressure, the dark side of amicable ties, and many other varieties of friendship. Told with warmth, scientific rigor, and a dash of humor, Friendfluence not only illuminates and interprets the science but draws on clinical psychology and philosophy to help readers evaluate and navigate their own important friendships.

Good friends and healthy friendships are crucial to women's well-being at every stage of life. But what happens when a friendship turns toxic? When a friend becomes hurtful or mistreats another? When a friend abandons another in a time of need? Here, Suzanne Degges-White and Judy Pochel Van Tieghem explore such toxic friendships and how women navigate the ups and downs, as well as how broken friendships can be mended and bad friendships ended. Explaining and illustrating the "rules of friendship" at various stages of life, the authors reveal what it takes to be a good friend, how to identify bad friends, and how to move forward when friendships turn sour. Vignettes of toxic friendship behaviors are shared, as well as tips on how best to respond to these rule-breaking friends in order to rebuild damaged relationships and repair a friendship's foundation (when appropriate) and how to decide when it's time to let go of a relationship that is bringing you down versus keeping you afloat. Information for parents is also provided, to aid them as they help their daughters navigate their friendships. We all need friends, but knowing when and how to let go can help us all be better friends—to ourselves, and also to others.

Had enough of that bridezilla? Feeling alone in a new city? Dealing with the trauma of the worst breakup ever—with someone you never even made out with? We've heard the path to fulfillment has much to do with relationships. But while it's often thought that for young women, it's all about finding the right man, real women beg to differ: It's friendships that are at the heart of happiness. Unfortunately, they're also at the heart of drama, stress, and sometimes not-so-great escapades after that fifth martini. And, technology, from texting to Facebook, has made all friendships more complicated than ever. At last comes The Friendship Fix, jam-packed with practical ways to improve your life by improving your circle. From dealing with friends-with-benefits to coworkers from the dark side, from feeling alone to being desperate to defriend a few dozen people, Andrea Bonior, Ph.D. helps you make the most of your friendships, whether they be old, new, online, or in person.

A provocative and thoroughly researched inquiry into what we find beautiful and why, skewering the myth that the pursuit of beauty is a learned behavior. In Survival of the Prettiest, Nancy Etcoff, a faculty member at Harvard Medical School and a practicing psychologist at Massachusetts General Hospital, argues that beauty is neither a cultural construction, an invention of the fashion industry, nor a backlash against feminism—it's in our biology. Beauty, she explains, is an essential and ineradicable part of human nature that is revered and ferociously pursued in nearly every civilization—and for good reason. Those features to which we are most attracted are often signals of fertility and fecundity. When seen in the context of a Darwinian struggle for survival, our sometimes extreme attempts to attain beauty—both to become beautiful ourselves and to acquire an attractive partner—suddenly become much more understandable. Moreover, if we understand how the desire for beauty is innate, then we can begin to work in our own interests, and not just the interests of our genetic tendencies.

How Design Drives Performance Have you ever wondered how changing design will effect the performance of a surfboard, wanted to really understand what your shaper, surf shop or mates are talking about when they discuss bottom curve or rocker, or more importantly why a particular surfboard goes really well or struggles to perform in some situations? The Surfboard Book includes advice stories and design details from some of the most experienced and credible subject experts in the history of the surfboard in Simon Anderson, Dick Brewer, Steve Lis and Bob McTavish: each are known not only as surfboard shapers and designers but as innovators with a combined design experience approaching 200 years. The Surfboard Book explains: elements of surfboard shape and their effects on performance construction types: from traditional to modern sandwich construction important material properties including environmental issues basic types or classes of surfboard and how they perform how to go about choosing or specifying your next surfboard

Why our economy is cheating the future—and what we can do about it The world's leading economies are facing not just one but many crises. The financial meltdown may not be over, climate change threatens major global disruption, economic inequality has reached extremes not seen for a century, and government and business are widely distrusted. At the same time, many people regret the consumerism and social corrosion of modern life. What these crises have in common, Diane Coyle argues, is a reckless disregard for the future—especially in the way the economy is run. How can we achieve the financial growth we need today without sacrificing a decent future for our children, our societies, and our planet? How can we realize what Coyle calls “the Economics of Enough”? Running the economy for tomorrow as well as today will require a wide range of policy changes. The top priority must be ensuring that we get a true picture of long-term economic prospects, with the development of official statistics on national wealth in its broadest sense, including natural and human resources. Saving and investment will need to be encouraged over current consumption. Above all, governments will need to engage citizens in a process of debate about the difficult choices that lie ahead and rebuild a shared commitment to the future of our societies. Creating a sustainable economy—having enough to be happy without cheating the future—won't be easy. But The Economics of Enough starts a profoundly important conversation about how we can begin—and the first steps we need to take.

Shape your way in the world and overcome any challenge! Living on your own for the very first time can be exciting yet nerve-wracking—you'll search for roommates, interview for jobs, manage finances, and form relationships. But adjusting to this new life can seem especially difficult when you're on the Autism Spectrum. Drawing on her experiences, Lynne Soraya, one of ThAutcast.com's Most Inspiring Autistic People and author of Psychology Today's Asperger's Diary, will provide you with valuable advice as she guides you through each step of your transition into adulthood. These real-life strategies will help you cope with the feelings brought on by this change as well as deal with common challenges, like: Budgeting and handling bills. Finding the right residence and/or roommates. Discovering a career path that complements your talents. Interacting with coworkers and clients. Building relationships with friends and potential partners. With Living Independently on the Autism Spectrum, you will gain the confidence, support, and guidance you need to finally experience life on your own.

Picked warm from a tree, a California apricot opens into halves as easily as if it came with a dotted line down its center. The seed infuses the core with a hint of almond; the fruit carries the scent of citrus and jasmine; and it tastes, some say, like manna from heaven. In these pages, Robin Chapman recalls the season when the Santa Clara Valley was the largest apricot producer in the world and recounts the stories of Silicon Valley's now lost orchards. From the Spaniards in the eighteenth century who first planted apricots in the Mission Santa Clara gardens to the post-World War II families who built their homes among subdivided orchards, relive the long summer days ripe with bumper crops of this much-anticipated delicacy.

Presents quotes, essays, and stories that tackle the latest taboo, being fat, and shows readers how they can reclaim their body and live a happy and healthy life at any size

Relationship expert and bestselling author Dr. Diana Kirschner uses the latest research and clinical experience to teach you how to find Love in 90 Days. Bestseller Love in 90 Days is even better in this expanded, updated version. It's fun, savvy and based on the latest research as well as renowned psychologist Dr. Diana's experience coaching tens of thousands of single women all over the world through her coaching team. Loaded with easy step-by-step instructions and assignments, this revolutionary love book has been called the dating coach's secret weapon. Most singles unconsciously make the same mistakes over and over again in love, regardless of age, work success, or the type of man they are dating. Using her unique approach, Dr. Diana pulls no punches. She outlines a program that gets women on the path to smash through their self-sabotage and forge a healthy love relationship. Key chapters cover: 1) Deally Dating Patterns. Identify and break them! 2) Dating Program of Three. Learn how to meet and attract quality men both on and offline 3) Rapid Healing from Heartbreak. Bounce back better than ever. 4) Irresistible Self-Confidence. (brand new chapter). Eradicate destructive dating beliefs and turbocharge your self-esteem