

This is the audiobook version of the 2nd edition of Friendshifts: The Power of Friendship and How It Shapes Our Lives by sociologist, friendship expert, and coach Jan Yager, Ph.D. The book is based on the authors doctoral thesis and additional original research consisting of surveys and interviews. Friendshifts is a word Dr. Yager coined to denote how sometimes friendships may shift throughout our lives, and even how we define a friend. Fortunately, in some instances, lifelong friendship does happen. Friendshifts explores what you can do to help a friendship last. Even with the most enduring friendships, there may be an ending because of death. (There is a section in Friendshifts on Coping with Endings Because of Death.) The examples, anecdotes, quotes, and studies cited throughout the audiobook reinforce the notion that the right friends will help you get ahead or be happy in life, and even live a longer life; the wrong friends can sabotage you or even get you hurt or killed.

She-Smoke: A Backyard Barbecue Book, Cuentos de celos y otros demonios: RELATOS (Spanish Edition), Shake, Rattle, and Roll!, New Jersey Classic Christmas Trivia, A Treatise On Masonry Construction, The Champion Hare, Operational Profitability: Conducting Management Audits, Rausch der Verwandlung 1 (German Edition), Chocolate!,

Friendshifts has 29 ratings and 4 reviews. Noer said: Much of this book is common sense. But like they say, common sense ain't so common. Making friends.

Sociologist Dr. Yan Yager shows the impact our friends have on how long we live & how successful we are during our lifetime. The book is the culmination of.

The right friends will help you thrive and succeed in life while the wrong friends can get you killed. Friendshifts will show you how to recognize the difference.

Reminiscent of Among Friends by Letty Cottin Pogrebin's and Just Friends by Lillian Rubin's, both published in , this dynamic popular nonfiction book.

A rewarding, sensible self-help manual for making, keeping and improving friendships, sociologist Yager's how-to takes its title from a word she coined, which.

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