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Just as the role of friends is expanding in our culture, Friendfluence explores their powerful and often under-appreciated influence on

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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 ...

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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 ...

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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 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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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"

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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...

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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.

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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

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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

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