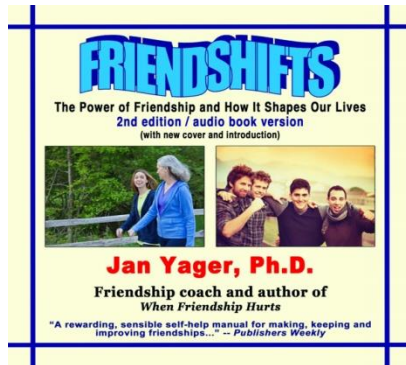


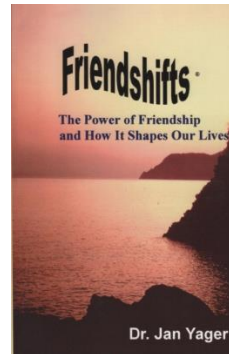
READING GROUP GUIDE*

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(e-book & audiobook)



(print versions)

FRIENDSHIFTS® THE POWER OF FRIENDSHIP AND HOW IT SHAPES OUR LIVES

Second edition, revised

Jan Yager, Ph.D.

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Summary:

Friendshifts® shows the impact our friends have on how long we live and how successful we are during our lifetime. The book is an outgrowth of the author's sociology dissertation on friendship and the culmination of more than 20+ years of study and scores of original interviews and numerous surveys. Dr. Jan Yager, a sociologist, author, friendship coach, and workshop leader, found that while healthy friendships can help your self-esteem, reduce your stress, and improve the quality of your life; harmful friends can put your life in jeopardy.

Picking up where Dale Carnegie's best-seller *How to Win Friends and Influence People* left off, *Friendshifts*® provides friendship skills and principles that may also benefit all of the key intimate relationships in your life, such as how to get along with your spouse, your children, and your siblings, as well as your work-related associations.

Reading Group Discussion Questions

1. Dr. Yager coined the word *friendshifts*. What does *friendshifts* mean?
2. Discuss the three kinds of friendships that Dr. Yager defines: casual, close, and best. What are the differences among these kinds of friendships?
3. What are some of the reasons that Dr. Yager listed for friendship becoming so powerful over the last twenty years? Has friendship become more or less important in your life recently? Why? Why not?
4. Dr. Yager describes foul-weather and fair-weather pseudo-friends. What are they?
5. According to *Friendshifts*, how long does it take, from when you meet someone, to becoming tried and true friends?
6. What is the quality to seek out in a new potential friend that Yager's research found is the best predictor for a friendship standing the test of time?
7. Dr. Yager states that friendships that last either have less conflict than those that end or involve friends who know how to effectively handle conflict. What are some of the techniques of handling conflict that you learned about in the book that you will apply to your own friendships? Have you ever had a friendship end because of conflict? Why did it end? (For a more in-depth discussion of friendships that end, see Dr. Yager's companion book, *When Friendship Hurts: How to Deal With Friends Who Betray, Abandon, or Wound You*.)
8. What type of friendship (best, close, or casual) does Dr. Yager say adds the most to work or business situations with the potential for the least complications?
9. What are the benefits of friendship during childhood? the single years? to married couples? after retirement?
10. Are male and female friendships the same? If different, what are some of the possible social reasons for the differences?
11. What are a few of the many ways that Dr. Yager suggests for making and keeping friends?
12. Cicero wrote, in "On Friendship," "What could be finer than to have someone to whom you may speak as freely as to yourself?" How does that apply to friendship?
13. Who is your best (or closest) friend? Why? How did you meet? Why do you maintain your friendship? Have there been any *friendshifts* in this friendship? How did you handle those shifts?

14. What's the most recent friendship that you started? How long ago was that? Who initiated the original connection? How long did it take between meeting and becoming friends? What do you and your friend enjoy doing together?
15. Is social media an asset or a time drain to your friends? Has it led to any *friendships*? How much time do you spend on social media? How does that impact on the time you spend in getting together in person or talking with your friends?

About the Author

Dr. Jan Yager, the former J.L. Barkas, has extensively researched friendship for more than 30 years including the years of study that were the basis of her dissertation on friendship patterns for her Ph.D. in sociology from The City University of New York Graduate Center (1983). She also has an M.A. in criminal justice from Goddard College Graduate Program and did a year of graduate work in art therapy at Hahnemann Medical College.

Dr. Yager, a friendship coach, speaker, consultant, and workshop leader, is the author of numerous highly-acclaimed nonfiction books, translated into 32 languages with 2 more languages in preparation, including the award-winning *Business Protocol* (Wiley), *Victims* (Scribner's, with a new introduction, audiobook version, 2014 by Hannacroix Creek Books through audible.com), *Productive Relationships: 57 Strategies for Building Stronger Business Connections* (Hannacroix Creek), and *365 Daily Affirmations for Friendship*. Dr. Yager has taught sociology, criminology, and writing nonfiction at several colleges and universities including The New School, The New York Institute of Technology, Temple University, St. John's University, Penn State, the University of Connecticut and, most recently, John Jay College of Criminal Justice/CUNY.

For more on this author, speaker, and friendship expert, go to: <http://www.drjanyager.com>

Follow her occasional tweets at: <http://www.twitter.com/drjanyager>

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