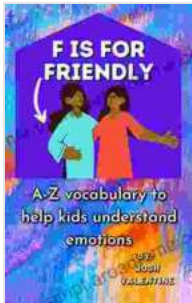


Is For Friendly: A Journey to Redefine Friendship in the 21st Century



F is for Friendly: A-Z vocabulary to help kids understand emotions by Pat Mora

★★★★★ 5 out of 5

Language : English

File size : 24232 KB

Screen Reader : Supported

Print length : 28 pages



In the age of social media and constant connectivity, it's easy to feel like we're surrounded by friends. But are these online connections truly fulfilling our need for genuine friendship?

In her groundbreaking book, *Is For Friendly*, renowned friendship expert Dr. Marisa Franco argues that the way we think about and experience friendship is changing rapidly. She uncovers the key characteristics of healthy friendships and provides practical advice on how to build and maintain meaningful connections in today's fast-paced, digital world.

Franco draws on the latest research in psychology, sociology, and neuroscience to explore the science of friendship. She shows how our brains are wired for connection and how social isolation can have a devastating impact on our health and well-being.

But *Is For Friendly* is more than just a scientific treatise. It's also a personal journey. Franco shares her own experiences with friendship, both good and bad, and offers insights into the challenges and rewards of building and maintaining close relationships.

Whether you're struggling to make new friends, feeling lonely in your current relationships, or simply want to learn more about the importance of friendship, *Is For Friendly* is an essential read. It's a book that will change the way you think about friendship and help you build more fulfilling and lasting connections.

What You'll Learn from *Is For Friendly*

- The key characteristics of healthy friendships
- How to build and maintain meaningful connections in the digital age
- The science of friendship and how our brains are wired for connection
- The challenges and rewards of building and maintaining close relationships
- How to overcome loneliness and isolation

Praise for *Is For Friendly*

"Is For Friendly is a must-read for anyone who wants to build and maintain healthy friendships. Dr. Franco provides invaluable insights into the science of friendship and offers practical advice on how to create and nurture meaningful connections."

-Gretchen Rubin, author of *The Happiness Project*

"Is For Friendly is a groundbreaking book that will change the way we think about friendship. Dr. Franco's research and insights are essential reading for anyone who wants to build stronger, more fulfilling relationships."

-Susan Cain, author of *Quiet*

"Is For Friendly is a lifeline for anyone who has ever felt lonely or isolated. Dr. Franco's warmth and compassion shine through on every page, and her practical advice will help you build the friendships you need to thrive."

-Brene Brown, author of *Daring Greatly*

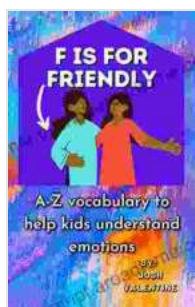
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Is For Friendly is available now in paperback, hardcover, and ebook formats. Free Download your copy today and start your journey to redefining friendship in the 21st century.

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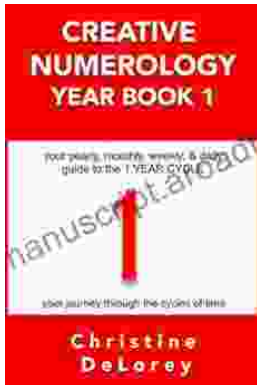
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