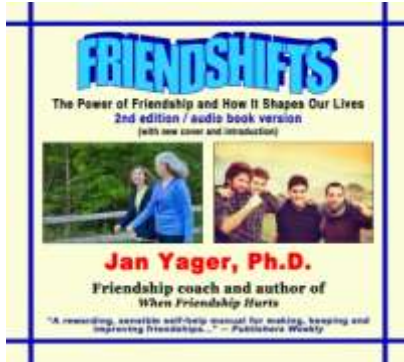
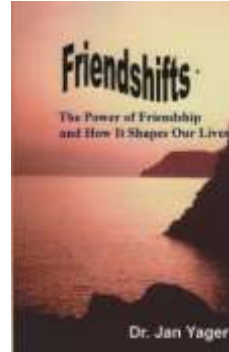


READING GROUP GUIDE*

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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.

Print editions: 6x9 287 pages (index, references, resources, cartoons) Hannacroix Creek Books 1999 (1st edition published 1997) ISBN: 1-889262-39-0 hardcover; ISBN: 1-889262-29-3 trade paperback

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Friendshifts® is available at local libraries or for sale through local or on-line bookstores (For quantity discounts, contact the publisher directly.)

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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, 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?

About the Author

Dr. Jan Yager, the former J.L. Barkas, has extensively researched friendship for more than 20 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 (1983). Dr. Yager, a speaker, consultant, and workshop leader, is the author of numerous highly-acclaimed nonfiction books including the award-winning *Business Protocol* (Wiley), *Victims* (Scribner's), and *Productive Relationships: 57 Strategies for Building Stronger Business Connections* (Hannacroix Creek). For more on this author, go to:

<http://www.drjanyager.com>

Selected Recommended Readings

Barkas, J.L. See Jan Yager.

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