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Friendshifts: The Power of Friendship and How it Shapes Our Lives

Jan Yager

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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 author's 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.

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