



Cover design by Nancy Batra

## **FRIENDGEVITY**

### ***Making and Keeping the Friends Who Enhance and Even Extend Your Life***

Dr. Jan Yager

To be published by Hannacroix Creek Books, Inc.

Forthcoming (Fall 2019, Copyright 2020)

Sign up for the [mailing list](#) or use the [inquiries page](#) to find out publication plans for this new title, an outgrowth of the popular SKILLS BUILDING WORKSHOP that I conduct every semester.

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*Friendgevity* is a follow-up book, based on more than a decade of original research, to my previous international hit titles on *friendship*, *Friendshifts: The Power of Friendship and How It Shapes Our Lives* (Hannacroix Creek Books, 1997, 2<sup>nd</sup> edition, 1999, with a new introduction, 2014), and *When Friendship Hurts* (Simon & Schuster, Inc./Touchstone, 2002, with a new introduction, 2010).

Drawing from 50 interviews and 1,000+ questionnaires from men and women from throughout the U.S. and seventeen countries around the world, *Friendgevity* explores where we are now in our knowledge about friendship as well as delving into such vital friendship-related issues such as friendship and longevity, “Frenemies and Fatal Friends,” “Healing Friends,” social media, “14 Tough Friendship Situations and How to Deal with Each One,” work, business and friendship, and much more.

Advance praise for *Friendgevity*:

“Dr. Jan Yager’s latest book on friendship, *Friendgevity*, is a tour de force! She has packed this fast read with solid up-to-date research, tons of practical examples, and lots of easy-to-follow advice on how even one good friend can make you a happier and healthier person. When you read this book, you’ll have all the building blocks you need to initiate, nurture, and maintain the friendships that can last you a lifetime. “

—Don Gabor, best-selling author of *How to Start a Conversation and Make Friends*

### About the Author



Dr. Jan Yager is an international friendship expert beginning with her sociology dissertation on friendship (City University of New York Graduate Center). She is the author of the highly-acclaimed books on friendship and work relationships, including friendship at work and in business, including *WHEN FRIENDSHIP HURTS* (translated into 29 languages), *FRIENDSHIFTS* (translated into 9 languages), *FRIENDSHIP: A SELECTED, ANNOTATED BIBLIOGRAPHY*; *365 DAILY AFFIRMATIONS FOR FRIENDSHIP*; *FRIENDSHIP THOUGHTS, FAMOUS QUOTES, AND A JOURNAL*; *PRODUCTIVE RELATIONSHIPS*; and *WHO’S THAT SITTING AT MY DESK? WORKSHOP, FRIENDSHIP, OR FOE?* Dr. Yager is often quoted on friendship; she has appeared on such major shows as *TODAY SHOW*, *GOOD MORNING AMERICA*, *CBS THIS MORNING*, *CBS SUNDAY MORNING*; NPR; and *ABC NIGHTLINE*. Dr. Yager has also been on cross-country and international (Australia and New Zealand) author tours for her friendship books as well as speaking about friendship and work relationships in India, Japan, the United Kingdom, and the Netherlands.