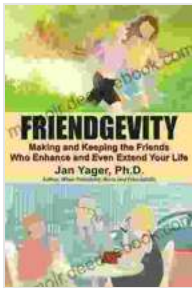


# Making and Keeping the Friends Who Enhance and Even Extend Your Life

Friends are essential to our well-being. They make us laugh, they help us through tough times, and they can even help us live longer. But not all friends are created equal. Some friends are toxic, while others are truly life-enhancing.



## Friendgevity: Making and Keeping the Friends Who Enhance and Even Extend Your Life by Jan Yager

★★★★☆ 4.1 out of 5

Language	: English
File size	: 5184 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 274 pages
Lending	: Enabled



So how do you make and keep the friends who will make your life better?

## Be yourself

The best way to make friends is to be yourself. People will be drawn to you if you're genuine and honest. Don't try to be someone you're not, because people will eventually see through it.

When you're being yourself, you're more likely to attract people who share your interests and values. You'll also be more comfortable in your own skin, which will make it easier to make friends.

### **Be interested in others**

One of the best ways to make friends is to be interested in others. Ask them questions about themselves, listen to their stories, and show them that you care. People will be more likely to open up to you if they feel like you're genuinely interested in them.

When you're interested in others, you're also more likely to be a good friend. You'll be more supportive, more understanding, and more forgiving.

### **Be supportive**

Friends are there for each other through thick and thin. Be supportive of your friends, even when they're going through a tough time. Offer your help, listen to them, and let them know that you care.

Being supportive doesn't mean that you have to agree with everything your friends do. But it does mean that you're there for them, no matter what.

### **Be forgiving**

Everyone makes mistakes. If a friend does something to hurt you, try to forgive them. Holding on to anger and resentment will only damage your friendship.

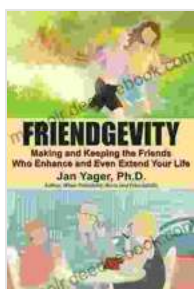
Forgiveness doesn't mean that you're condoning your friend's behavior. It simply means that you're choosing to let go of the hurt and move on.

## Be grateful

Appreciate your friends and let them know how much they mean to you. Show them how much you care by spending time with them, doing things for them, and telling them how much you appreciate their friendship.

When you're grateful for your friends, you're more likely to cherish your relationships. You'll also be more likely to make an effort to keep your friendships strong.

**Making and keeping friends is a lifelong process. But if you follow these tips, you'll be well on your way to making and keeping friends who will enhance and even extend your life.**



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