
FRONT COVER:

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Chapter 1:

The Basics on Friendships

Synopsis

“No Man Is an Island”, this line extracted from Meditation XVII, by an English poet John Donne has been a very popular expression when talking about people’s connection from one another. Indeed, there is nobody who can live alone on this planet. That is why God created different form of relationships, such as friendship. Friendship is one of the greatest forms of relationship that everyone will surely want to have.

To be able to understand what friendship is, you must look at its definitions and reasons for its importance and goodness. For this, you can refer to the great and famous philosopher Aristotle.

A lot of philosophers give emphasis on conjecture and theory. For sure, Aristotle has contributed to this kind of philosophy as well. He has given great emphasis on the reasons why friendship is essential.

The Basics

According to him, no one will ever opt to live without friends. This notion from Aristotle is indeed very significant because he emphasizes that even though people with all other possessions, being really rich and having offices and holding dominating power are considered to be, most of all in need of friends.

He even added that what would be the use of those prosperities without having the chance to beneficence that can be practiced mainly and on its most worthy form to friends. Aside from being able to beneficence, friends will help you guard and preserve your prosperity. Friends are more worthy and beneficial to men in misfortunes and in poverty, for they can consider their friends as their only refuge.

“Friendship is as important as life itself”, this is a statement given by Aristotle powerful and bold. Friendship covers old and young, poor and rich. It covers the breath of the kinds of people you find within the society.

In fact, rich men are considered to need friends the most, for being rich contains no value except when they have someone or some people to share their wealth with. Not to mention about the fact that friendship can definitely reduce risk.

This should be true because when the time comes that you meet an unexpected occurrence, you can always seek some assistance from your true friends. This results to unfortunate men who could benefit from friends during the time of misfortune and poverty.

However, most importantly from all other facts is that friendship could stimulate a person to righteous actions. By joining with your friends, you will be able to have favorable thoughts and act accordingly. There is always something really special with the feeling of friendship making you desire to act. A person should acquire that sense of delight whenever giving assistance to his friends although it is not usually a joyful task. With friends you always give the best shot of everything you are sharing together.

With this idea, you can already think that friendship improves your life because it makes you a better individual. In trying to serve your friends, you always get to benefit from it by improving yourself. These facts alone could offer you what it gets to have your friends around and to build the most trustworthy friendship.



Chapter 2:

Identify Where Your Friendships Have Issues

Synopsis

Making and keeping good friends is indeed a great thing to consider. Both or all of you share laughter and tears during your life. However, it can never be avoided to have issues of your friendships. Yes, it can give you the worth feelings when you are facing issues with your friends. That is why knowing and understanding where your friendships have issues is very important. If you know the reasons behind these issues, it will become easy for you to resolve them.

It is almost as difficult to simplify friendship issues as it is identify how to resolve them. There are a few issues that might sound similar or contain particular elements in common, yet in terms of going about the details; each friendship contains a unique trajectory in accordance to the different mix of circumstances, history and personalities.

Where Are There Issues

Whenever a serious issue crops up with your friends, it is normally disappointing, unexpected, and very inconvenient to deal with. The main key to dealing with these issues is communication. However, at most times, many people are at loss of the things to say or to move forward during a sticky situation.

There are different situations where friendship issues may arise. Time is one of the most essential elements of maintaining a good friendship. However, when you or your friend is very busy with his work or any other related factors, issues might not be avoided to arise. This is especially painful if you are used to seeing each other. If your friend is too busy with work, you won't be sure if you could count on him/her during hard times or when you have something special to attend. This can put some stains on your friendship. If you wish to fix such kind of issue, it will be very helpful to let your friend know how you feel about your situation. Let him/her know that you are upset. Considering this may give some ideas to your friend on what to do if he/she really wishes to treasure what both of you have. With this, you can at least make your friend aware by being honest to him/her of what you feel.

Another issue that might arise on friendship is having and living separate lives when in fact both used to be attached at the hip. It could be very unusual if you and your friend were once very attached to each other and yet now don't know the right words to utter. Both of your lives might have gone so different that your friendship is not what it really once was.

Friendship has its ups and downs, and some of them may last forever. Know if it possible for you to identify what is wrong by having talk with your friend about it. If there is something about her, you or perhaps both of you have changed; you can try maintaining a distant connection and not completely cutting off your friendship.

Feeling that your friend has deserted you without giving any explanation is another major issue between friends. This can possible bring your friendship to an end without knowing the reason behind. Having to meet this kind of situation, of course, you will want a closure. When your friendship has declined, it will be a good idea if you and your friend get a common knowledge about the thing that happened and the reason behind it, yet this is not always possible.

Usually, friends might not provide you such opportunity. This kind of issue about friendship will usually root from something you have done or said to your friend that you don't actually mean, yet taken by your friend in a wrong way. If your friend is just too coward or timid to tell his/her reasons fixing the problems can really be hard. However, you are the one who should persuade him/her so as to fix it. Convince him/her that your friendship is truly valuable to you and that you don't want to lose it.

Fixing your issues in the shortest period of time must be considered. So, make sure to keep that valuable friendship by knowing and avoiding your possible issues with your friend.

Chapter 3:

How Your Friendships Affect Your Life

Synopsis

Just about every individual is aware that his friends could affect his life in one way or another. However, most people are just not aware that such effect could be most influential than they could ever imagine. Your friends do not only influence you when making your decisions, they can also change how you view the world, alter your insight and change you into the different person.



The Impact

Your friends can really influence you, so you should know about the ways how. Friends can indeed alter your beliefs of things. Beliefs and values could be a changed when they are constantly challenged and when new beliefs are constantly repeated.

For instance, if you have a circle of friends who have a negative view of the employment market even before they had the opportunity to work with it, it can also affect you. Such pessimistic view probably came from the constant idea they obtained from friends in the form of suggestions which are repeated again and again, such as “it is very hard to search for a job nowadays”.

Your friends could affect your self-confidence. Friends have the capability to change the perception of one another. When the majority of your group is thinking that a certain person is snobbish and arrogant, this belief may be transferred to the entire group.

While believing that a person is treating you in an unfavorable way, you might interpret it being a sign showing that you’re not really worthy. Such belief may badly affect the level of your self-confidence.

Your friends can also affect the way you behave. Being very attached to your friends can also affect your behavior. For instance, if you see that your friend is polite to someone, particularly old, even when you are not you can think that doing such thing is indeed a delightful thing.

This will then let you do the same. In addition to affecting your beliefs, your friends can also affect how you react of things. For instance, you are initially not afraid of snakes, yet after you know how it affects your friend beaten by it, your point view and behavior should you see one will also change. This is how influential friendship could be.

Your friends could stir you with good and bad emotions. Depending on the type of friends you are joining with, your emotions can be greatly affected by them. If you have friends who are jolly at most times, you can observe yourself to be jolly around them as well. Of course, if you care about your friends you will feel sad whenever they are sad.

This is how really the transference of emotions within friendship gets. But then, if you don't want to feel as sad as your friend, letting him feel good by giving him positive advice of his situation should be a great idea. Letting your friend know and feel that you care can really lift up his mood. This is completely how friends affect you, and it greatly depends on you if you will them rule on how you feel, think and belief.

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