



# Friendfluence: The Surprising Ways Friends Make Us Who We Are

*Carlin Flora*

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Just as the role of friends is expanding in our culture, *Friendfluence* explores their powerful and often under-appreciated influence on our personalities, habits, physical health, and even our chances of success in life. In this fascinating book, packed with the latest research findings, Carlin Flora traces friendship from its evolutionary roots to its starring role in childhood and adolescence to its subtle (and sometimes not-so-subtle) impact on adults—both positive and negative, online and offline. Told with warmth as well as rigor, *Friendfluence* not only illuminates and interprets the science of friendship but will help you reflect thoughtfully on your social history and wisely navigate your present and future friendships.

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