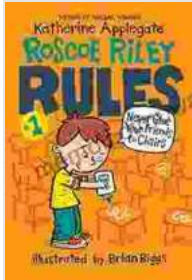


Never Glue Your Friends to Chairs: The Essential Guide to Making (and Keeping) Real Friends



Roscoe Riley Rules #1: Never Glue Your Friends to Chairs by Brian Biggs

★★★★☆ 4.7 out of 5

Language	: English
File size	: 24082 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 119 pages



In *Never Glue Your Friends to Chairs*, acclaimed author and friendship expert Dr. Marisa Franco shares her groundbreaking research and insights on the science of friendship. This book is packed with practical advice and exercises to help you build stronger, more fulfilling friendships.

Dr. Franco's research has shown that friendships are essential for our physical and mental health. Friends provide us with support, companionship, and a sense of belonging. They can help us to cope with stress, improve our self-esteem, and even live longer.

But making and keeping friends can be challenging. In *Never Glue Your Friends to Chairs*, Dr. Franco offers a step-by-step guide to help you:

- Identify the qualities of a good friend
- Build strong connections with others
- Resolve conflict and repair damaged friendships
- Maintain friendships over time and distance

Dr. Franco's approach is based on the latest research on friendship. She provides practical tips and exercises that can be used by people of all ages and backgrounds. Whether you're looking to make new friends, strengthen existing friendships, or repair damaged relationships, *Never Glue Your Friends to Chairs* is the essential guide you need.

Praise for *Never Glue Your Friends to Chairs*

"Dr. Franco's book is a must-read for anyone who wants to build stronger, more fulfilling friendships. Her research is groundbreaking, and her advice is practical and easy to follow. I highly recommend this book to anyone who wants to improve their social life." —**Gretchen Rubin, author of *The Happiness Project***

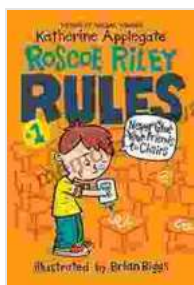
"*Never Glue Your Friends to Chairs* is a treasure trove of wisdom and insights on the science of friendship. Dr. Franco's research is cutting-edge, and her writing is clear, engaging, and accessible. This book is a must-read for anyone who wants to understand the importance of friendship and how to build strong, lasting relationships." —**Susan Cain, author of *Quiet: The Power of Introverts in a World That Can't Stop Talking***

"Dr. Franco's book is a game-changer for understanding friendship. Her research is groundbreaking, and her advice is practical and effective. I

highly recommend this book to anyone who wants to improve their social life." — **Adam Grant, author of Give and Take**

About the Author

Dr. Marisa Franco is a friendship expert and the author of the bestselling book *Platonic: How the Science of Attachment Can Help You Make—and Keep—Friends*. She is a clinical psychologist and professor at Arizona State University, where she directs the Relationship and Communication Laboratory. Dr. Franco's research on friendship has been published in leading academic journals, and she has been featured in media outlets such as *The New York Times*, *The Wall Street Journal*, and *The Today Show*.



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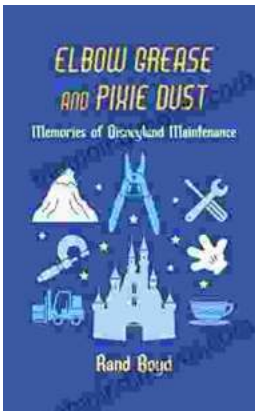
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