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Platonic: How the Science of Attachment Can Help You Make--and Keep--Friends

By: Marisa G. Franco PhD

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Instant New York Times bestseller Is understanding the science of attachment the key to building lasting friendships and finding your people in an ever-more-fragmented world? How do we make and keep friends in an era of distraction, burnout, and chaos, especially in a society that often prizes romantic love at the expense of other relationships? In Platonic, Dr. Marisa G. Franco unpacks the latest, often counterintuitive findings about the bonds between us—for example, why your friends aren't texting you back (it's not because they hate you!), and the myth of friendships happening organically (making friends, like cultivating any relationship, requires effort!). As Dr. Franco explains, to make and keep friends you must understand your attachment style—secure, anxious, or avoidant—it is the key to unlocking what's working (and what's failing) in your friendships. Making new friends, and deepening longstanding relationships, is possible at any age—in fact, it's essential. The good news there are specific, research-based ways to improve the number and quality of your connections using the insights of attachment theory and the latest scientific research on friendship. Platonic provides a clear and actionable blueprint for forging strong, lasting connections with others and for becoming our happiest, most fulfilled selves in the process.

tags:


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