

Friends...

How to Make Them; How to Keep Them

A reading list compiled by the Commonweal Theatre Company



PROVERBS 27:9

How Friendships Change in Adulthood

The Atlantic; by Julie Beck; Oct. 22, 2015

theatlantic.com/health/archive/2015/10/how-friendships-change-over-time-in-adulthood/411466/

How To Maintain Your Friendships Throughout Your 20s

The Cusp; by Lauren Sherritt; August, 2016

thecusp.com.au/maintain-friendships-throughout-20s/8644

How to Make New Friends (and Keep the Old) as a Young Adult

Greatist; by Shana Lebowitz, August 2015

greatist.com/happiness/how-to-make-keep-friends

10 Ways to Make (and Keep) Friendships as an Adult

Psychology Today, Andrea Bonior Ph.D.

psychologytoday.com/blog/friendship-20/201605/10-ways-make-and-keep-friendships-adult

The trick to making (and keeping) friends in your 30s

St. Louis Dispatch, by Aisha Sultan; Jul 16, 2012

stltoday.com/lifestyles/relationships-and-special-occasions/parenting/aisha-sultan/the-trick-to-making-and-keeping-friends-in-your-s/article_ae8d8756-cf88-11e1-a8c4-001a4bcf6878.html

How to Make Friends as a Grown-Up

Real Simple Magazine, by Yolanda Wikiel

realsimple.com/work-life/family/relationships/making-friends-as-a-grown-up

Friends of a Certain Age: Why Is It Hard to Make Friends Over 30?

New York Times, By Alex Williams; July, 2012

nytimes.com/2012/07/15/fashion/the-challenge-of-making-friends-as-an-adult.html?_r=2&pagewanted=all

Books

Interpersonal Communication in Older Adulthood: Interdisciplinary Theory and Research

by Mary Lee Hummert and John F. Nussbaum

The Friendship Crisis: Finding, Making, and Keeping Friends When You're Not a Kid Anymore

by Marla Paul

The Friendship Fix: The Complete Guide to Choosing, Losing, and Keeping Up with Your Friends

by Andrea Bonior

Encyclopedia of Relationships Across the Lifespan

by Jeffrey S. Turner

Friendships Don't Just Happen!

By Shasta Nelson (co-founder of the site GirlFriendCircles.com)