A reading list compiled by the Commonweal Theatre Company

**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

**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 Anymor*
by Marla Paul

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)