USBORNE

Friendship SURVIVAL GUIDE

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Introduction

'Friendship' is such a warm, fuzzy word, isn't it? It makes you think of having fun, feeling safe and hanging out with mates you trust, who always have your back. Awww. Yes, friendship can be fabulous, but when things go wrong, and you don't feel a) safe, b) warm or c) fuzzy, you might need some help. Luckily, you've found this book.

Few things are perfect (not even your uber-filtered profile pic – more about that later). Most things have a good side and a not-so-good side, and friendship is no different. The key is to know what makes a good friendship, and how to survive the hiccups in yours. This book is packed with survival tactics so that when problems happen, and they will, you know how to cope.

Friends are some of the most important people in our lives, so it's worth knowing how to choose them, and keep them. Time to read on...



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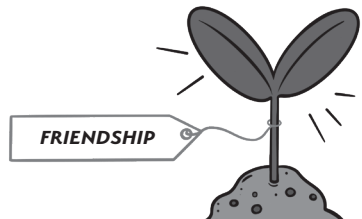
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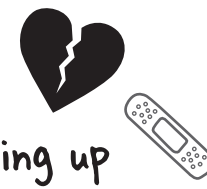
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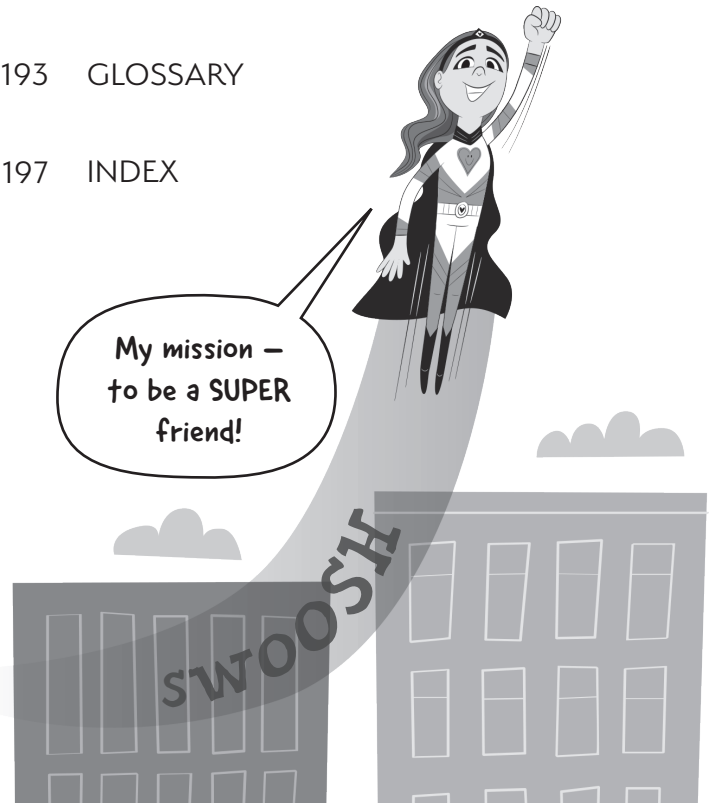
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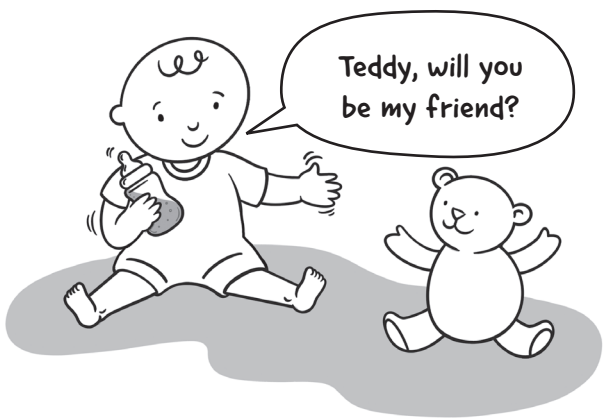
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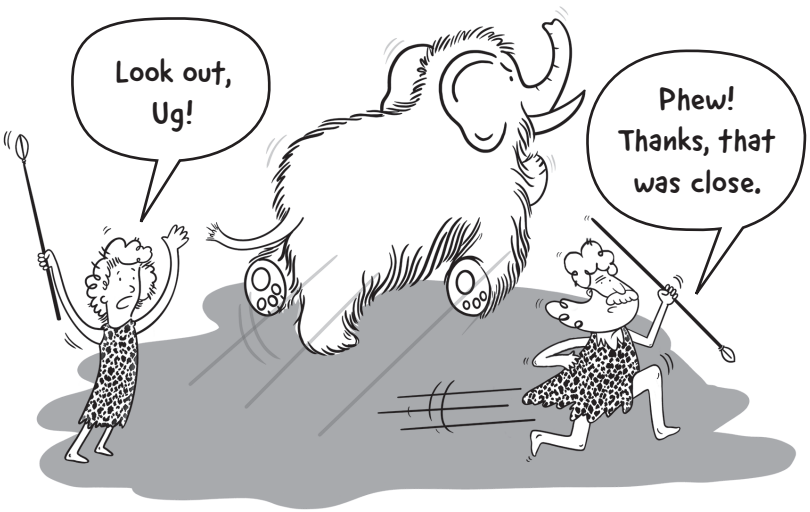
All about friends

So what IS a friend – and why do we need them?

You are one hundred per cent unique, a complete one-off, an individual: there is **nobody** exactly like you anywhere else in the whole world. Sure, you'll meet many, many people during your lifetime, and some of them will love you, some of them you'll love, and quite of few of them you won't like AT ALL, but, basically, you're on your own in life and nobody can actually get inside your skin. But don't panic! It's not as grim as it sounds.



Luckily, people realized a long time ago that being on your own in the world was not much fun and that life was much easier (and safer) if they looked out for each other. They lived in communities, found food and shelter together, formed family groups and cared about each other.



People realized that they *needed* other people, and we still do today (even though our reasons might be a little less urgent than imminent death-by-mammoth).

Apart from our family, many of the close relationships we form are with people we call our **friends**. A simple-sounding word, but have you ever thought about what it actually *means*? Here's a pretty good definition:

friend

someone who genuinely likes you for who you are but is not a member of your family.



In our busy lives, a friend is much more than someone who keeps an eye out for danger. They are someone whose company you enjoy, who likes at least some of the things you like, who will support you if you're having a tough time, and probably laughs at the same silly things as you do.



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