

# CELEBRATING FRIENDS AND FRIENDSHIP

Looking for a book about how to celebrate your friends and friendship? This is it, and it includes everything from a brief history of birthday celebrations to sharing a book, TV show, or film. including some favorites with a friendship theme, to sending flowers, going on friendship getaways, to recognizing your friends during such “official” annual friendship events like July 30th (World Friendship Day, also known as International Friendship Day); Friendsgiving, which takes place with or without relatives on Thanksgiving; International New Friends, Old Friends Week, a week that starts the Sunday after Mother's Day in May, and many others.

The book begins with a provocative exploration of why we should celebrate our friends as well as an examination of gift giving and the concept of exchange in relationships.

In Chapter 4 – “Additional Ways to Celebrate Including Experiences and Donations,” one of many inspiring interviewees is Singapore-based learning expert and author Dr. Raman Attri, who is originally from India. Here is an excerpt from Dr. Attri’s comments in *Celebrating Friends and Friendship*:

*...Now this may sound like any other friendship-as-usual story, but the twist is that I have been permanently disabled for life since childhood. I could not walk. My friends have taken me to distant places by holding my hands to help me scale mountains and challenging terrains. Without them, I would have been confined to the walls of my room.*



*Dr Attri (on the left) on a friend getaway in Autumn 1999 in the valley of Chamba province of Northern India with his friends, Rakesh Puril (on the right), and Pal Kaushal (in the middle). (Dr. Attri's crutch is on the ground next to him.)*

In *Celebrating Friends and Friendship*, you will also find twenty selected affirmations from the author’s popular *365 Daily Affirmations for Friendship* as well as ten chosen quotes from her journal, *Friendship Thoughts, Famous Quotes, and a Journal*. In this new book, Dr. Yager also shares The Friendship Oath she developed and “15 Top Friendship Insights,” adapted from her bestselling international hit *When Friendship Hurts* (Simon & Schuster), as well as from

*Friendships*, which landed her interviews on *Oprah*, *Today Show*, *CBS Sunday Morning*, and *The View*, and from *Friendgeivity*.

**After an Introduction about “Why Remember and Celebrate Our Friends,” here is a list of the six chapters that follow:**

Chapter 1 – Friendship and gift Giving: An Overview

Chapter 2 – Birthday Festivities



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Chapter 3 – Gifts for a Friend for All Occasion

Chapter 4 – Additional Ways to Celebrate — with Experiences

Chapter 5 – Annual Friendship Events



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Chapter 6 – Wrapping Things Up

In this upbeat book, the author realized it would not be complete unless she added to the last chapter a succinct discussion of dealing with friends who are sick as well as how to celebrate the inevitable, the passing of a friend.

Illustrated throughout with color photographs and original artwork, the Resource section has a list of apps and websites for finding friends, including listings for the Red Hat Society or Bumble, which is a source of new friendships and not just romantic relationships, dealing with loneliness, finding a counselor or a friendship coach, as well as a bibliography of Works Cited and Further References. There is also a place to include your friends' contact information, and even a place to record and keep track of the cards or gifts you send to a friend, and that you receive, or the events you participate in.

For anyone who cares about their friends, and friendship, *Celebrating Friends and Friendship* is the book for you, or to give as a gift to a friend or relative.

### Here's what they're saying about *Celebrating Friends and Friendship*

"Friendships are priceless. Dr. Jan Yager's new book, *Celebrating Friends and Friendships*, is also priceless. Totally worth reading."

—Jeffrey J. Fox, author, *How to Become a Rainmaker*

"I am grateful for my friendships and grateful that Jan Yager has written a book that helps me to celebrate my friendships and their power every day!"

—Leslie A. Yerkes, author, *301 Ways to Have Fun at Work*

"As a person whose circle of friends has gradually been reduced, whether through pandemic, proximities, attrition, or sheer neglect, Jan's book, *Celebrating Friends and Friendship*, has rejuvenated my awareness of how important and fulfilling my friendships have been, and still can be, in enriching my life."

—Bob McGee, author, *A View Through the Fog*

"There is no way I could successfully deal with the challenges of life without my friends!! In this practical, inspirational book, Jan Yager shows how to share experiences and deepen relationships to a new level." —Linda Swindling, author, *Ask Outrageously!*

"As someone who values my friends, I'm always looking for additional ideas about how to let them know I care. That's why I really appreciate Jan Yager's book, *Celebrating Friends and Friendship*. It's a fun book with lots of practical information as well as provocative sociological insights into friendship, gift-giving, and even the value of rituals." —Dara Tyson, freelance publicist



From the Title page of *Celebrating Friends and Friendship*.  
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### ABOUT THE AUTHOR

Friendship expert, coach, sociologist, and Adjunct Associate Professor, Dr. Jan Yager has published a dozen works related to friendship beginning with her sociology dissertation (CUNY Graduate Center). Her additional titles include *When Friendship Hurts*, published by Simon & Schuster and translated into 29 languages; *Putting WHEN FRIENDSHIP HURTS to Work* (a workbook); *Friendshifts*, which led to appearances on *Oprah*, *The View*, *Today Show*, *CBS Sunday Morning*; *Friendgevity*; *Who's That Sitting at My Desk? Workshop, Friendship, or Foe*; two novels including *Just Your Everyday People*, a mystery with a friendship theme; and many other titles

related to her other areas of expertise including her bestselling *How to Finish Everything You Start; Victims; Foreign Rights and Wrongs; and How to Self-Publish Your Book*.

Dr. Yager has been a friendship spokesperson, contest judge, or consultant to such major companies as Visa, Disney, Kimberly Clark, and Helene Curtis, as well as delivering keynote addresses and conducting workshops throughout the U.S. and internationally. Contact Dr. Jan Yager through her [email](#) or via the “Contact Us” form at [www.drjanyager.com](http://www.drjanyager.com).