

For Immediate Release

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**Building and Sustaining Healthier Friendships in Stressful Times:
Greenfield author, psychologist, and activist releases new book:
*Reflections on the Nature of Friendship***

March 29, 2021, Greenfield, MA – With all the stresses and distresses of life during Covid, how can we learn and build stronger, healthier, and more sustainable friendships? Local author, psychologist and activist Daniel Cantor Yalowitz takes readers on a curated tour of the complex and endlessly fascinating world of interpersonal relationships on his new book, *Reflections on the Nature of Friendship*.

Particularly in stressful times, when we're feeling most isolated, challenged, and without access to matters most, we need friends – our friends, states Yalowitz. We hold the gold we seek in others. "Our choice of friends – and the choice in our friendships – help to manifest and burnish this gold within," he writes in his new book. Human beings were not meant to live and be left alone, and, now, more than ever, we are seeing the negative impacts of what he terms "aloneliness" in every strata of society, across cultures and time. The ravages of Covid, political bifurcation, unemployment, rampant illness and death, and children's lack of appropriate socialization have left people around the world struggling to find and make meaning in their lives. Friends, Yalowitz notes, serve as a calming balm of connection and caring for one another in that they are able to focus in depth on our very human wants, needs, desires, frustrations, pain, and suffering, and share what joys and jubilation we may find through these dark times. Yalowitz muses about all the various forms of appreciation for relationships we share, particularly in the US, with days celebrated for mothers, fathers, grandparents, secretaries, and bosses, and adds, what about an annual day for that most universal of human relationships: an "International Day of Friendship?"

Yalowitz invites readers to join him on a dynamically narrated tour into the heart of what human beings need and bring to their chosen relationships with others: their friendships. "In order to have a friend, you must be a friend," he writes. *Reflections* examines, from multiple perspectives, what makes friendships work, thrive, and sustainable. He takes on – and makes accessible – many of the most complex topics about friendship: identity, finding ourselves and others, longing and belonging, boundaries, conflict, intimacy, and time, among others. Readers will discover new pathways and support to grow and challenge themselves in their lives and their friendships as they undertake the participatory journey of this book. To further engage his readers, Yalowitz shares three in-depth case studies from his own life, analyzing considerations such as gender, intercultural competence and communication, aging, and intergenerational concerns.

Daniel Cantor Yalowitz, Ed.D., is a developmental and intercultural psychologist and an international consultant/trainer focusing on team-building, human intelligence, conflict transformation, and intercultural communication and communication. He focuses his work on building greater awareness of the importance of building and maintaining sustainable relationships. To learn more, go to his website, <https://danielyalowitz.com>

Book information:

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