



# Vital Friends: The People You Can't Afford to Live Without

By Tom Rath

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## Vital Friends: The People You Can't Afford to Live Without By Tom Rath

#1 *New York Times* bestselling author Tom Rath delivers a fascinating read that will change the way you look at your family, friends, coworkers, and significant other.

What's the quickest way to ruin a friendship? Can bosses actually learn something from marriages? Are very close friendships in the workplace such a bad thing?

These are just a few of the questions that #1 *New York Times* bestselling author Tom Rath asked when he embarked on a massive study of friendships. Along with several leading researchers, Rath pored through the literature, conducted several experiments, and analyzed more than 5 million interviews from The Gallup Organization's worldwide database.

His team's discoveries produced *Vital Friends*, a book that challenges long-held assumptions people have about their relationships. And the team's landmark discovery — that people who have a “best friend at work” are seven times as likely to be engaged in their job — is sure to rattle the structure of organizations around the world.

Drawing on research and case studies from topics as diverse as marriage, management, and architecture, *Vital Friends* reveals what's common to all truly essential friendships: a regular focus on what each person is contributing to the friendship — rather than the all-too-common approach of expecting one person to be everything.

The book includes a unique ID code that provides access to the Vital Friends Assessment and website. This groundbreaking test reveals which friends play each of the eight vital friendship roles in your life.

Tom Rath's fast-paced and inviting storytelling takes a mountain of important research and makes it remarkably accessible and applicable. By the time you finish reading *Vital Friends*, you'll see your family, friends, coworkers, and significant other in a whole new light.

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## Vital Friends: The People You Can't Afford to Live Without By Tom Rath Bibliography

- Rank: #357482 in Books
- Brand: imusti
- Published on: 2006-08-01
- Released on: 2006-08-01
- Original language: English
- Number of items: 1
- Dimensions: 8.80" h x 1.00" w x 6.00" l, 1.02 pounds
- Binding: Hardcover
- 218 pages

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### Editorial Review

From Publishers Weekly

Friendship may be coming into vogue as a topic (to wit, Joseph Epstein's new book *Friendship: An Exposé*), but Rath (coauthor of the bestselling *How Full Is Your Bucket?*) takes a pragmatic rather than philosophical approach. He explores the inherent value of friendships and says that the need for friends goes beyond commonality or companionship; in particular, he devotes a section to friendship at work, which, unlike many companies and managers, Rath sees as a positive force. Rath's research shows that employees who have a best friend in the office are more productive, more likely to engage positively with customers, share new ideas and stay longer in a job. Citing illuminating cases and surveys (many conducted for the Gallup Organization), Rath shows that many people succeed or fail based on the support and involvement of their best friends. Rath posits eight vital roles friends play: some are champions for each other; some collaborate; some connect people with others; and some build each other up through encouragement and trust. Rath's bullishness on friendship is based on solid research and couched in intelligent prose. *150,000 first printing.* (Aug. 1)

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### Review

“A workplace without friends is an enemy.”

— *The Washington Post*

“Friendships are good for business. Companies are coming to discover that, yet are at a loss at what to do about it. ... what Gallup has uncovered about best friends stands out as novel.”

— *USA Today*

“Let friendship ring. It might look like idle chatter, but when employees find friends at work, they feel connected to their jobs. Having a best friend at work is a strong predictor for being a happy and productive employee.”

— *Time* magazine

### From the Inside Flap

What's the quickest way to ruin a friendship? Do great friendships have anything in common? Are close friendships in the workplace such a bad thing?

These are just a few of the questions that #1 *New York Times* bestselling author Tom Rath asked when he embarked on a massive study about the impact of friendships. Along with several leading researchers, Rath pored through the literature, conducted several experiments, and analyzed more than 8 million interviews from The Gallup Organization's worldwide database.

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## **Users Review**

### **From reader reviews:**

#### **Davis Miller:**

Now a day individuals who Living in the era where everything reachable by connect to the internet and the resources included can be true or not demand people to be aware of each facts they get. How people have to be smart in having any information nowadays? Of course the correct answer is reading a book. Reading through a book can help people out of this uncertainty Information specifically this Vital Friends: The People You Can't Afford to Live Without book since this book offers you rich facts and knowledge. Of course the data in this book hundred percent guarantees there is no doubt in it everbody knows.

#### **Raymond Blalock:**

Typically the book Vital Friends: The People You Can't Afford to Live Without will bring one to the new experience of reading a new book. The author style to describe the idea is very unique. Should you try to find new book to read, this book very ideal to you. The book Vital Friends: The People You Can't Afford to Live Without is much recommended to you to read. You can also get the e-book from official web site, so you can quickly to read the book.

#### **Lois Bottoms:**

In this time globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The health of the world makes the information better to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You can observe that now, a lot of publisher that print many kinds of book. The book that recommended to your account is Vital Friends: The People You Can't Afford to Live Without this publication consist a lot of the information of the condition of this world now. That book was represented just how can the world has grown up. The language styles that writer use for explain it is easy to understand. The particular writer made some study when he makes this book. That is why this book suitable all of you.

**Mary Jones:**

This Vital Friends: The People You Can't Afford to Live Without is new way for you who has attention to look for some information mainly because it relief your hunger of information. Getting deeper you into it getting knowledge more you know or perhaps you who still having tiny amount of digest in reading this Vital Friends: The People You Can't Afford to Live Without can be the light food for you personally because the information inside this kind of book is easy to get by anyone. These books create itself in the form which is reachable by anyone, yeah I mean in the e-book contact form. People who think that in book form make them feel drowsy even dizzy this book is the answer. So there is no in reading a publication especially this one. You can find what you are looking for. It should be here for you. So , don't miss this! Just read this e-book style for your better life and knowledge.

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