

Cultivation of Friendship within Epicureanism

Post by “Kalosyni” of June 14, 2023 at 4:15 PM

Here is an very good article:

Some excerpts, and link follows:

Quote

People need friends. They are literally lifeblood in terms of physical, cognitive and emotional wellbeing. And work is an important place to make friends and feel a sense of connection and community. Dunbar says it best, “We forget that at our peril, and businesses forget it at their peril.” With loneliness on the rise and wellbeing on the decline, the opportunity today is significant—to reinvent the experience of work so it’s a venue for meaning, community and friendship.

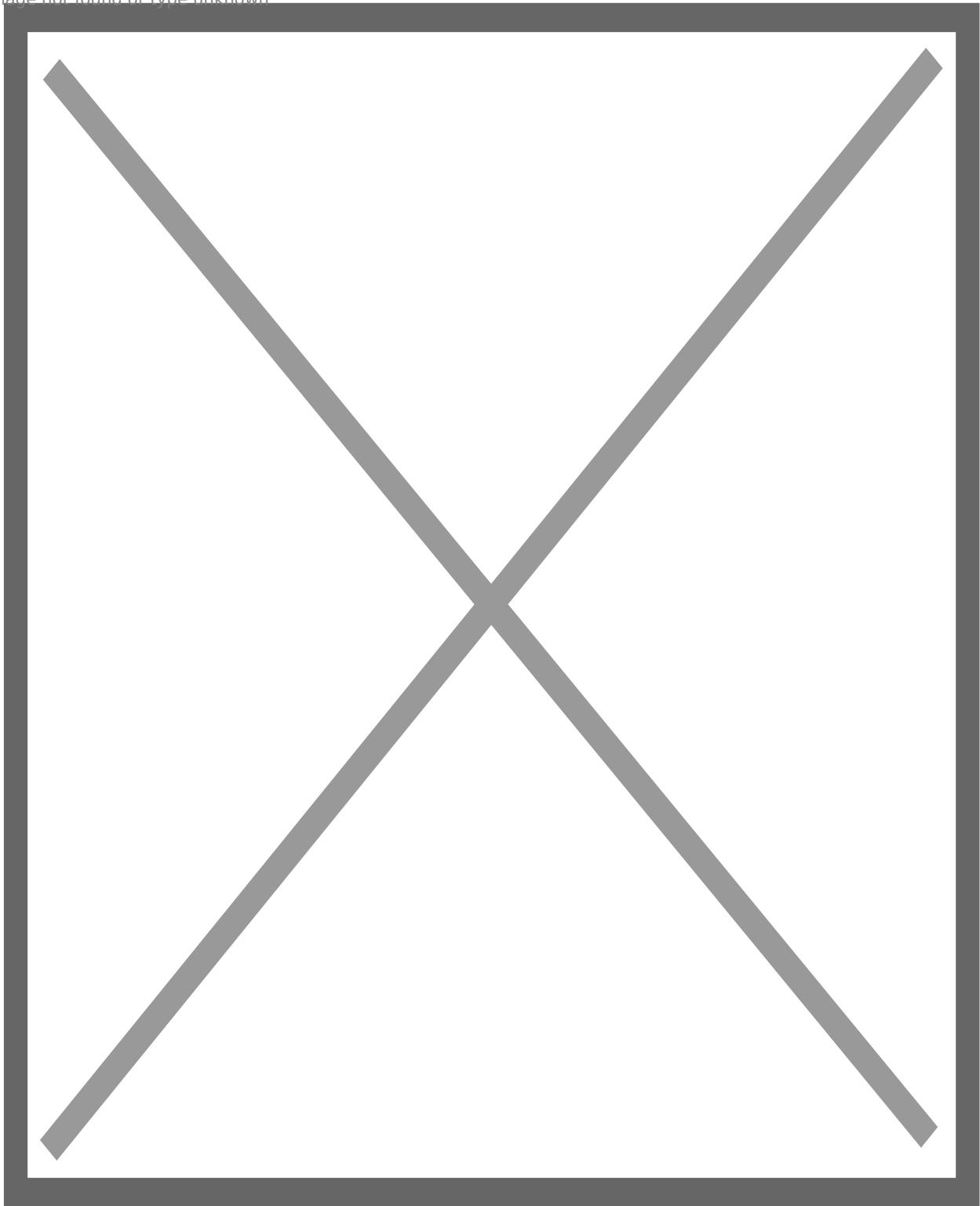
Quote

The Fisherman’s Friend study found it takes about 34 hours of investment to shift from a more superficial acquaintance to a true friendship. In addition, the average friendship requires about 11 interactions and each one should last about three hours—clearly longer than a cup of tea. With this investment of time, making a friend takes about five and a half months. And this is no small thing in a fast-paced, over-scheduled, time-impooverished world.

Quote

People also tend to build the strongest friendships with those they believe to be most similar to themselves. Dunbar says it takes so long to create a true friendship because you’re looking for seven pillars of friendship—similarities in the following dimensions: the way you speak (dialect), hobbies and interests, religious views, moral views, sense of humor, musical taste and [career trajectory](#).

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[New Study: Making Friends Is Hard But Work Can Help](#)

Social isolation and loneliness have become wide-spread and a majority of people say they are actively looking for more friends—and in particular—close...

www.forbes.com

<https://www.epicureanfriends.com/thread/2345-cultivation-of-friendship-within-epicureanism/?postID=24544#post24544>