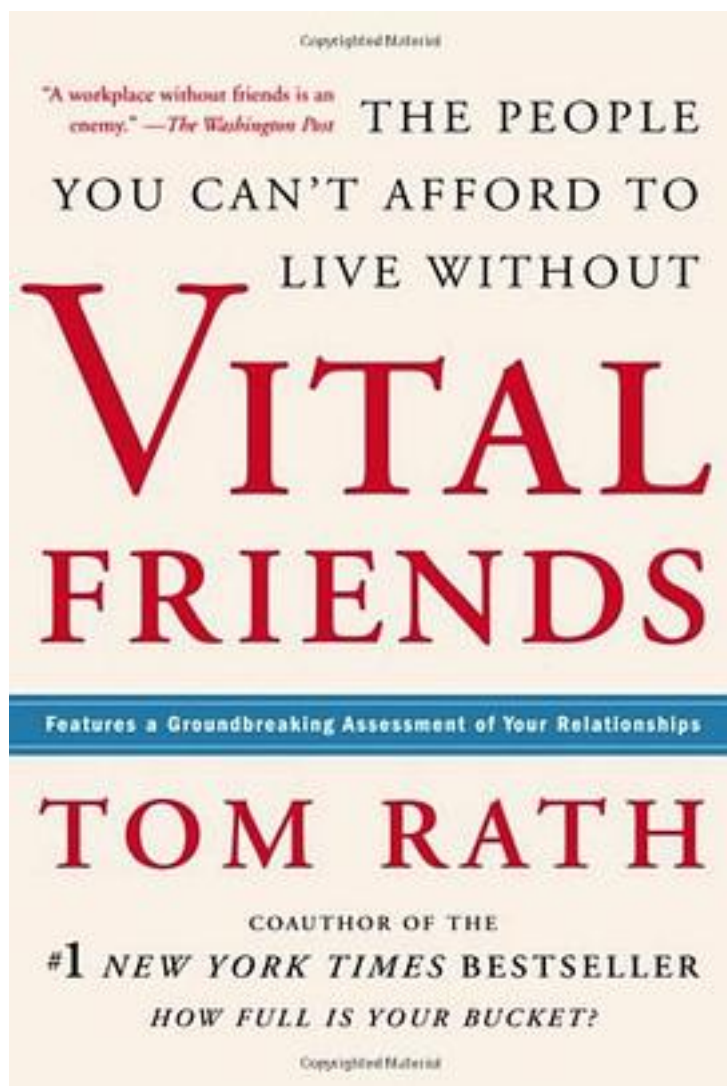


# Vital Friends



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著者:Tom Rath

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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.

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 management, marriage, 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 work and 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 coworkers, family, friends, and significant other in a whole new light.

作者介绍:

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标签

沟通

生活

思维

friendship

gallup

陈愉女士推荐的，很想读

科普

社科

## 评论

最有趣的是Appendix C. 他們整個assessment的technical report.  
比單純看結果有意思得多

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成长中，我们被教育擅长的是自我发展的能力，跟你谈教朋友的很少，随缘是比较常见的态度。但面对社会性的特质，难免会有拧巴的时刻。本书提供了一种新的视角，我希望自己可以在成年前看到的一个视角～

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## 书评

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