

The Company You Keep



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Why do men rarely invest time and effort building intentional and mutually supportive friendships? How can men create meaningful friendships? David Bental explores the experience of three men who have supported each other in friendship for more than twelve years. He chronicles how friendships can inspire, challenge, and have the potential to transform lives. He provides suggestions for initiating long-term, nurturing friendships. Most importantly, Bental describes the tremendous benefits such friendships have on all areas of a person's life, including family relationships, physical fitness, self-esteem, and spirituality.

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