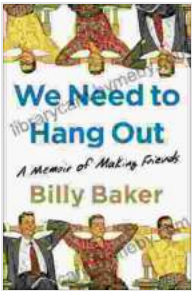


We Need To Hang Out: A Book Review



We Need to Hang Out: A Memoir of Making Friends

by Billy Baker

★★★★☆ 4.4 out of 5

Language : English
File size : 1924 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 223 pages



In her new book, "We Need to Hang Out," sociologist and author Dr. Erin Meyer argues that the key to a happy and fulfilling life is to build strong relationships with the people around us. Meyer draws on her research and interviews with hundreds of people from around the world to show how our social networks can affect our health, happiness, and productivity.

One of the most important things Meyer emphasizes is the importance of having a diverse social network. This means having friends and family from different backgrounds, cultures, and walks of life. Meyer argues that diverse social networks can help us to learn new things, grow as individuals, and become more tolerant and understanding of others.

Another important aspect of building strong relationships is spending quality time together. Meyer recommends that we make a conscious effort to spend time with our friends and family on a regular basis. This doesn't

have to be a lot of time—even a few hours each week can make a big difference. Just make sure that you're really present when you're with your loved ones. Put away your phone, give them your undivided attention, and really listen to what they have to say.

Of course, relationships aren't always easy. There will be times when you disagree with your friends or family, or when you feel like you're not being heard. But Meyer argues that it's important to stick with it. Relationships are worth the effort, and they can make a big difference in our lives.

"We Need to Hang Out" is a must-read for anyone looking to improve their social skills and make more friends. It's full of practical advice and actionable tips that can help you build stronger relationships and create a more fulfilling life.

Here are a few of the key takeaways from the book:

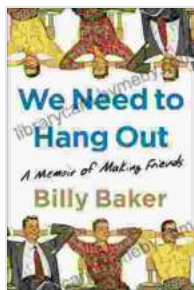
- **Build a diverse social network.** Having friends and family from different backgrounds, cultures, and walks of life can help you to learn new things, grow as an individual, and become more tolerant and understanding of others.
- **Spend quality time together.** Make a conscious effort to spend time with your friends and family on a regular basis. Even a few hours each week can make a big difference. Just make sure that you're really present when you're with your loved ones. Put away your phone, give them your undivided attention, and really listen to what they have to say.
- **Be patient.** Relationships take time to build. Don't get discouraged if you don't see results immediately. Just keep at it, and eventually you

will build strong, lasting relationships that will make a big difference in your life.

If you're looking to improve your social skills and make more friends, I highly recommend reading "We Need to Hang Out." It's a great book that is full of practical advice and actionable tips that can help you build stronger relationships and create a more fulfilling life.

****Alt attributes:****

* ****Figure 1:**** A group of friends laughing and talking together. * ****Figure 2:**** A person smiling and looking at the camera. * ****Figure 3:**** A group of people sitting around a table having coffee.



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