



Falling Through the Cracks: Feel alive and thrive

Monday at 9 AM Pacific

March 09th 2020: Friendship with Lydia Denworth

In a society obsessed with success, we have missed the plot. For children today to be at their best in adulthood, they need to establish long standing friendships as children. Although often mocked for their simplicity, friendships supersede all other milestones, and are the foundation for our community. To discuss this, and her book "Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond," Lydia Denworth is joining this interview.

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Featured Guest



Lydia Denworth

Lydia Denworth is a science journalist and author. She is the contributing editor for Scientific American and writes the Brain Waves blog for Psychology Today. Her work has also appeared in The Atlantic, Newsweek, The New York Times, The Wall Street Journal, Time, and many other publications. She is the author of three books of popular science. Toxic Truth, I Can Hear You Whisper and her latest book, Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond. Friendship a fascinating look at the science and history of friendship and how it affects our brain and our health. A native of Philadelphia and graduate of Princeton, Lydia moved to Brooklyn right out of col

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