Close friends can help you live longer but they can spread some bad habits too

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When you were a teenager, your parents probably warned you once or twice not to get a tattoo or go to sketchy parties just because your friends do it. A new study shows that the influence of friends – for good and for well, mischief – extends into our older years, as well.

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While many previous studies have connected having good friends with particular health benefits, this is the largest and most comprehensive study done to date, according to study co-author William Chopik, an associate professor of psychology at Michigan State University.