

How to Have Closer Friendships (and Why You Need Them)

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Like so many people, I grew up watching the TV show “Friends,” dreaming of the day I would be living a glamorous city life surrounded by a group of close friends. Over the years, I’ve made lots of friends: childhood friends, work friends, college friends, writer friends. I have friends who like to hike, and friends who like to chat over coffee and friends who live far away but whom I talk to a few times a year.

But close friends? “Friends” level friends? The “I can tell you anything and count on you always” kind of friends? Not so much. A childhood friend and I had a falling-out, never to be repaired. Another close friend moved away.