

How to Show Your Friends You Love Them, According to a Friendship Expert

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When psychologist and friendship expert Marisa Franco went through a rough breakup in 2015, she felt like she had no more love in her life. So Franco leaned on her friends for support. They did yoga, cooked and read together. As she and her friends grew closer, she realized they were a deep well of love, community and healing. And she began to understand the importance of non-romantic, non-family relationships.

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