



Making Friends

Andrew Matthews

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The first lesson of friendship is: IF YOU WANT FRIENDSHIP, YOU MUST BE A FRIEND FIRST.

Making Friends Details

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Minh says

M?t cu?n sách r?t hay, th?c s? ?ã giúp tôi r?t nhi?u trong cách ?ng x? hàng ngày, cách suy ngh? ?? t? ?ó tr? thành m?t con ng??i vui v? h?n, hanh phúc h?n, ???c m?i ng??i tôn tr?ng. Cu?n sách ?ào sâu vào nh?ng r?c r?i mà b?n thân chúng ta hay g?p ph?i c?ng nh? cách ?? gi?i quy?t nh?ng v?n ?? ?ó nh?:

- Ta ph?i ??i x? v?i ng??i khác theo cách mà ta mu?n h? ??i x? v?i mình
- Khi chúng ta làm ng??i khác ph?t ý và h? tr? nên gi?n d? thì ?i?u u ??u tiên chúng ta nên làm là l?ng nghe, tôn tr?ng và ??ng c?m v?i h? (sau ?ó m?i gi?i thích)
- Ta ph?i luôn t?p cách nói th?t, th?ng th?n m?t cách khéo léo v? m?i th? (nh? khi ta t?c ai ?ó v? vi?c g?i ?ó, hãy nói th?ng v?i h?)
- Ta không nh?t thi?t ph?i làm v?a lòng t?t c? m?i ng??i ta g?p, c? s?ng theo cách ta mu?n, mi?n là ta c?m th?y hài lòng v?i cách s?ng ?ó và ??ng gi?i thích v? ?i?u ?ó v?i nh?ng ng??i mà b?n cho là không c?n thi?t.
- ??ng ng?n ng?i trong vi?c trao ?i nh?ng l?i khen ng?i m?t cách chân thành vì ?ó s? là ??ng l?c cho ng??i nh?n ???c l?i khen ?? ti?p t?c t? tin phát huy, tr? nên t?t h?n!
- Lu?n c? g?ng gi? cho l?i nói ?i li?n v?i hành ??ng, khi b?n h?a v?i ai ?ó vi?c g?i ?ó thì hãy làm, nó không ch? giúp b?n th?y ???c giá tr? c?a mình mà còn giúp b?n ???c tôn tr?ng trong m?t ng??i khác.
- Không nên nói nh?ng g?i mà mình c?m th?y không gi?i quy?t ???c g?i c? ?? tránh ph?i h?i h?n sau này.
- Và cu?i cùng là ta nên t? giúp mình tr? nên h?nh phúc b?ng cách cho ?i nhi?u h?n là nh?n; ng?ng vi?c phán xét ng??i khác, ?? h? có không gian riêng ?? c?m nh?n cu?c s?ng theo cách c?a h?; và ph?i nh? r?ng không ai là hoàn thi?n vì th? ph?i bi?t ch?p nh?n và yêu thích nh?ng ?i?m khác bi?t c?a h?, t? ?ó b? sung, làm cho cu?c ??i mình phong phú, thú v? h?n!

Tran Dien says

Just like other of Andrew Matthews's series, it's full of lesson about life and simple so that everyone can read without feeling hard. This book encourage me when I feel depressed, therefore, I believe this book will do an encouragement to another person.

Thuy Duong says

Making friends - Andrew Matthew

My views: Making friends is a helpful book. Andrew Matthew give you many ways to change your life by changing your attitude, perspective, lifestyle,.... Every lessons in the book are valuable, from which you can improve yourself and not only have happier life but get more affection from others.

Hoàng Vi?t says

wonderful

Hamed Movaghari says

??? Andrew Mathews ????? Making Friends ??? ??? ????? ?? ?? ????

Simplymegt says

An easy, entertaining and inspiring read for anyone willing to take a step further in improving their relationships with anyone. :)

Jaideep Khanduja says

Making Friends - Andrew Mathews

Title: Making Friends – A Guide to Getting Along with People

Written and illustrated by – ANDREW MATTHEWS (author of the international bestseller ‘Being Happy!’)

My Views: It is a perfect teacher provided you are a dull student. This book is about getting well along with people, that is how you can improve your relationship with them, how you can understand their attitude, how you can understand their personality, and how to overcome the problem they face and need someone to help them. If somebody has an attitude for seeking tension or problem, and he feels that everyone ignores him, he will try to attract everyone’s attention. People keep highlighting your weaknesses or problems but don’t get bogged down by this, ignore it, swallow it, digest it and silently improve upon it. Don’t let yourself go into a shell because of this, overcome this weakness or problem. If people are not happy with you, or ignore you, seek answers from them why they do it, what is the reason, what do I do that I don’t get ignored. People have a tendency to react sharply if your weakness is highlighted, like if somebody says your body has a bad odor, people, friends around you will start ignoring you, even if they are not getting bad smell at all. More happens on perception and listening than actual experience.

Like yourself, love yourself, but don’t ignore others, like others too, don’t be too proud of yourself.

Stop comparing and stop getting depressed if you are compared. Emphasize that you are you and not that person with whom you are being compared.

Avoid boasters who praise themselves and always let others down

Before changing others, change yourself, adjust, compromise and your life will be happy.

Don’t wait for others to come to you and invite to join a party, throw a party and invite people. That will start a cycle.

Get out of corner, stop hiding yourself.

Don’t wait for other to come and highlight your weaknesses, or improve you, change yourself, who knows you better than YOU.

Don’t fear of a CHANGE.

Don’t let your low esteem work in reverse.

Who is bothered about the pimples on your face, go out of your room instead of waiting in your room for pimples to leave your face (and you stop all your outdoor activities)

Quit playing games, don’t pretend, and pour your heart out. You want to go out for a dinner, but you want your wife/husband to say this. How does she/he know what you have in your mind right now? And how you are so sure that she/he will refuse? But be sure that it is NO if you don’t talk about it.

Sometimes live your life to fit your belief system. Mary doesn’t feel good about her. And due to this perception about her, she is usually ignored by most of her friends. Fred likes her, behaves well with her but

Mary starts wondering why Fred likes her when she is not likable, and starts ignoring him, responding him. Fred feels ignored and gets a reverse message that Mary doesn't like him. So he silently moves away from her life. Now a stage comes in Mary's life when nobody likes her and she starts scolding herself that why nobody is there to like her. Why there are no good persons in my life. Why everyone ignores me? Lucy has a belief system that there are good people around in the world and she can always find the caring and loving people to be with. She decides not to spend any time with the people who don't like her, or who are rude and aggressive. With this attitude she is able to find good and caring people and leave lousy people for Mary. Decide what you want to be – Mary or Lucy?

Martin has a habit of taking everybody's work besides his own work in the office. He found a friend, who wanted to help him, but this looked abnormal to Martin and he pushed this friend away from his life. Martin thinks that all the people who don't help him in his work and who don't do their own work are normal.

About Book: This book is about enjoying people, dealing with prophets of doom, how to say NO sometimes, prevailing over gossip, pettiness and anger. It is about understanding that IF YOU WANT FRIENDSHIP, YOU MUST BE A FRIEND FIRST. The book is funny reading too with a lot of serious learning. It has lot of comical strips which are perfectly able to convey the message. Like one says – "There are 70% people having problem with their partners. Ok, what about the rest of 30%. Oh, they are singles." Another one says – "But I don't want to concentrate on my business, yours is more interesting than mine." There are lot many more, all interesting, funny but meaningful. Author says "Being Happy" was about yourself, this book is about people around you, people who depend on you, those you want to see, and those you avoid.

About Author: Andrew Matthew is based in Adelaide in South Australia. His first book Being Happy became a worldwide publishing phenomenon after its release in 1988. His writing, illustrating and public speaking talents are in great demand throughout North America, Europe, Southeast Asia and Australia.

<http://booksmakelife.blogspot.in/2011...>

Pilly says

Q?a th?c cu?n sách r?t hay. M?i câu chuy?n l?i mang m?t ý ngh?a khác nhau. M?i câu chuy?n có ng?n, có dài nh?ng ý ngh?a sâu xa c?a nó thì v?n ??ng l?i m?i.

?ó không c?n ph?i là m?t câu chuy?n v? ??i, nó ??n gi?n ch? là m?t câu chuy?n v? cách s?ng h?ng ngày c?a chúng ta. Nh?ng ?i?u t??ng ch?ng nh? nh? nh?t l?i mang ý ngh?a l?n.

Khuy?n b?n n?n ??c tr?n b? <3

an says

tak perlu berpikir tentang pikiran orang lain.

mungkin itu pesan utama yg bisa kutangkap dr buku ini. buku berbau psikologi yg mengajak kita untuk tidak merisaukan "kira-kira" pendapat orang yg selalu membuat kita berpikir ulang untuk bertindak dan membuat kita selalu berada dalam daerah aman.

berbagai hal dapat dipetik dari buku ini, tentang bersikap, tak perlu hiraukan pikiran orang. bukan maksud spy kita tdk peduli lingkungan, tetapi supaya kita mau untuk terus berkembang.

waktu pertama kenal buku ini (kelas 3 smp), terasa sangat membantu dalam tumbuh kembangnya (cie.. ieh...) kemampuan diri untuk mengekspresikan dan menghadapi orang lain. apalagi setelah itu masuk sma, awal bertemu banyak orang dan buku ini sangat membantu.

tak perlu risau dengan "kira-kira" pendapat orang karena perkiraan kita belum yentu benar. jangan mudah

menghakimi orang jika belum tahu alasan sebenarnya, berani mengekspresikan kemarahan dengan benar dan cari konsekuensi yg pas untuk menebus kesalahan yg kita lakukan. sangat berharga jika semua bisa terlaksana.

Mario MJ Perron says

I was given this book as a gift, along with How to win friends and influence people, and The 7 Habits of highly effective people.

I think I may have taken offence to the suggestion I needed help. Thank goodness I've outgrown that ego phase. Hee hee

I can't recall loving this book, but a few of my friends did.

If pushed to choose I would probably recommend The Four Elements instead.

Th?o ?i?n says

??i Thay ??i Khi Chóng Ta Thay ??i (T?p 2) Making Friends - Andrew Matthews (1990)

Sài Gòn, 15/12/2018

?ánh giá: 7/10 ?i?m

??i thay ??i khi chóng ta thôi ??y - ??c nhân tâm dành cho các b?n nh? mu?n xã giao

C? b?n thì chúng ta b? ?nh h??ng t? nh?ng cu?n sách mà chúng ta ??c ??u tiên, và cu?n sách ?nh h??ng t? v? cách xã giao là Tôi tài gi?i, b?n c?ng th? và ??c nhân tâm. Cho nên t? ch? nh? ?ang ??c l?i nh?ng ?i?u t? ?ã bi?t mà thôi. C? b?n thì xã giao không x?u, b?i trong cu?c ??i này chúng ta s? g?p vô s? nh?ng ng??i mà ta s? ch?ng bao gi? g?p l?i, thì sao không ?? l?i cho nhau chút ?n t??ng t?t nh?. Còn v?i b?n bè, thì nên ch?i thành th?t và h?t mình nhé, dù có th? b? b?n bè ch?i l?i h?t h?n.

Cu?n này t? nhai t?i t?n c? n?a tháng m?i xong. C? b?n vì t? không thích m?y cu?n self help l?m, dù t? l?i vô cùng thích ??c nh?ng bài vi?t nh? v? phát tri?n b?n thân. Cu?n này m?y anh ch? d?ch c?ng h?i chán, d?ch ki?u google translate ý, mà v?n hóa c?a M? thì khác Vi?t khá nhi?u. Nên t? ch? thích m?y cu?n ki?u phóng tác nh? ??c Nhân Tâm c?a bác Nguy?n Hi?n Lê, ch? b?n d?ch m?i g?n ?ây ??c c?ng ngán ng?m t??ng t?. T? thà ??c b?n g?c ti?ng Anh còn h?n ...

Và t? ph?i th?a nh?n t? không bi?t cách ??c m?y cu?n ki?u nonfiction, không th? ??c t?ng ch? nh? fiction ???c, vì ??c xong t? ch?ng nh? g?i. Và t? ?á áp d?ng cách ??c m?i, và hi?u qu? tr?ng th?y, k?t qu? n?:

T?ng quan, g?m 6 ch??ng, trong ?6 3 ch??ng ??u v? hi?u rõ và phát tri?n b?n thân ?? hòa h?p v?i b?n bè. 3 ch??ng sau là v? hi?u rõ ng??i khác ?? bi?t cách ch?i v?i b?n, ki?u l?a b?n mà ch?i ?y mà.

Ch??ng 1:

- ??ng quá nghiêm kh?c v?i b?n thân

- h?ay y?u th??ng m?n?n?n h?n, ch?p nh?n nh?ng khi?m khuy?t c?a b?n thân.

Ch??ng 2:

- hi?u rõ chính m?n?, bi?t ch?u tr?ch nhi?m tr??c cu?c s?ng và ng?ng ?? l?i.

- bi?t cách th? hi?n c?m xúc cho phù h?p, nh? gi?n d?i, trách móc.

Ch??ng 3:

- ??ng quá quan tâm ng??i khác ngh? gì

- bi?t cách t? ch?i và nói kh?ng.p

Ch??ng 4

- bi?t cách nói chuy?n, h?y nói ra nh?ng l?i yêu th??ng

- l?ng nghe ?? th?u c?m

Ch??ng 5

- h?y bi?t cách khen ng?i và ph? bình cho phù h?p

- bi?t khi n?o n?n im l?ng

Ch??ng 6

- h?y cho ?i tr??c, h?y gi?p ?? ng??i kh?c tr??c, và b?n s? nh?n l?i nhi?u h?n th? (t? ?âu ?ó kh?c)

- t?n tr?ng s? kh?c bi?t, t?p trung v?o ?i?m m?nh c?a b?n b?e.

D? là s? ??c h?t ??ng self help t? v?t bao n?m trong gi?á sách b?ng cách ??c m?i n?y :))

Aljazi Al-Maghlyouth says

????? ?????? ??????? ??????? ?? ??????? ??? ?? ???? ?????? ??????? ?? ?????? ?????? ? ?????? ???????! ?????? ?????? ?????? ?? ?????? ??????? ??????? ?? ?????? ?????? ?????? ??????? .

Hadeel Houni says

Very helpful !

Little Bet says

Este libro fue un completo desastre: yo era muy joven e ignoraba totalmente el arte de comprar libros. ¿Qu?e puedo decir? Parece un libro de autoayuda y aunque tiene ciertos consejos interesantes, el resto es una forma chabacana de explicar posturas ante la vida. El estilo es demasiado corriente y no tiene siquiera alguna construcci?n psicol?gica. No aporta nada.

Nguyen Trung Jane says

??I THAY ??I KHI CHÚNG TA THAY ??I by Andrew Matthew

Xu?t s?c: 5/5

??y l? cu?n sách n?m trong b? 5 cu?n ??i thay ??i khi ch?ng ta thay ??i c?a Andrew Matthews:

T?p 1: Being happy!

T?p 2: Making friends

T?p 3: Follow your heart

T?p 4: Being happy teenager

T?p 5: Happiness now

Trung Anh ???c ANTS t?ng cu?n t?p 2, c?m ?n ANTS <3

Tác gi? vi?t bao xu?t s?c. Th??ng thì ??c sách self-help ch? th?y m?i l? m?t n?a, m?t n?a thì b?i?t r?i vì ki?u vi?t chung chung, kh?i kh?i. Còn ??n ?T?KCTT? thì 100% s?u s?c, n?i v? nh?ng chuy?n r?t th??ng xuy?n x?y ra khi ch?ng ta tham gia vào các m?i quan h? v? ch?ng, ??ng nghi?p, b?n b?n vân vân mây mây... nh?ng ta ch?a t?ng suy ngh? t?i sao m?i quan h? ?ó t?t ??p; ?? v?; t? m?t nhau. N?n ??c ?i tác gi? s? ph?n t?ch và ch? r?o v? sao ??ng nghi?p ta t?c gi?n, l?m sao v? ta kh?ng vui, l?m sao b?n b?n vui b?i b? ta... ??c ??n ?âu c?ng ki?u: ? v?y th? ra l? t?i th? =)). Rõ ràng l? m?nh bi?t nh?e, nh?ng m?nh kh?ng nh?n ra th?i ahihi

N?n l? h?y ??c ?? r?o l?y do v? sao ch?ng ta th?nh công hay th?t b?i trong các m?i quan h? c?a b?n th?n.

M?t l?n n?a, c?m ?n ANTS, v? ??c bi?t c?m ?n V? V?n v? V?n bi?t Trung Anh th?ch g? <3
