



**THE BEFRIENDER**

Learn How To Make Friends With Anyone...Anywhere!

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# Foreword

Everyone likes to be liked and some even seriously strive to ensure that their demeanor is acceptable at all times. This of course has its merits and disadvantages. There are a few things an individual can try to practice in order to be a more likeable person.



## *The Befriender*

Learn How To Make Friends With Anyone...Anywhere!

# Chapter 1:

## *Getting People To Like You*

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### Synopsis

Being gregarious and is one way on ensuring one's presence is felt. Most people are happy being around a gregarious personality and this helps the individual to be noticed and hopefully respected to a certain degree.



## **Drawing People In**

Smiling a lot also helps, as this creates a persona that is open and friendly. People are more like to approach and befriend a person with a smiling disposition as opposed to someone who is more reserved and closed.

Keeping one's emotions in check is another way ensures that people are drawn to individual. Learning how to be more laid back and calm will give the impression of being happy and contented which translates to emotional maturity and security. When people don't carry the "baggage" of insecurity they are able to relate better in any environment.

Keeping some level of basic hygiene is also another likeable feature. People who are untidy and smell bad can be very off putting. Simple things like clean clothes and fresh breath are a most desirable condition to keep.

Cultivating the habit of always enquiring after the general well of others is another great quality to develop. It shows a caring and concerned attitude which is very pleasant indeed.

Complimenting people whenever possible is not only a good habit to develop; it also immediately creates a likeable and comfortable situation. Many friendships and other successful relationships have started on a friendly and complimenting remark.

When engaging in a conversation, maintaining eye contact is good, as it not only ensures the speaker of the undivided attention of all around but also gives everyone a feeling of respect and attention.



# Chapter 2:

## *Build Your Confidence*

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### Synopsis

Dressing sharply has long been linked to building one's self confidence. One does not necessary have to be a good looker, but with the right clothes and matching complimenting accessories any man or woman can look good. When an individual is aware that they look good, there is an almost immediate realization of confidence in both their out demeanor as well and from within. Sad but often true is the generally accepted thinking that looks do count and in a big way.





## **Self Assurance**

A person's walk often denotes the confidence levels being experienced at any given time. A brisk and straight posture walk gives a definite impression of overall confidence. Both these positions and movements actually affect the body's chemical make up which transcends into the outward persona.

One of the best ways to build self confidence is by listening and being exposed to as motivational media tools as possible. A lot of people now try to adopt the habit of listening to motivational talks during the commute to their work places or in their spare time or during exercise sessions. These motivational sessions often have bits of great advice and promptings which inspire the confidence needed to be successful in any endeavor. Thus in turn allowing the individual to grown their individual confidence levels.

Learning to be grateful for the current happenings and things in one's life as also another source from which confidence can be built. This teaches an individual to be thankful and to learn to look at things from a brighter perspective. It also helps to build a positive mind set which in turn will allow for a more confident personality to emerge.

Another trait that would be beneficial is to practice the ability to learn to speak clearly and loudly. With constant and determined practice sessions the individual is able to slowly build the required confidence it takes to be vocal.

# Chapter 3:

## *Know What Kind Of people You Want To Spend Time With*

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### Synopsis

The kind of people an individual mixes with on a regular basis will eventually dictate the kind of behavioral habits they adopt and practice. This will be evident almost always within a short period of time as people tend to conform to their peers.



## **Understand The People**

Therefore being careful about the choices made when it comes to building relationships with other people is actually choosing to be wise and prudent. A lot of undesirable and even damaging traits are picked up from the people around an individual, socially and in the work environment.

If an individual wants to get ahead in the work environment then it would be prudent to always be in the company of people who are in the position to recognize the potential of the individual and thus be able to put in a good word when the time is appropriate.

Socially though, it can call for a more focused and yet different technique. If the desire is to be socially relevant then mixing with people in the “know” is perhaps the best way to go. Sometime even name dropping can achieve the desired results and move the individual a notch higher in the rung to social success.

However if the idea of choosing friends who are genuine is the prerequisite of any intended relationship then looking into one’s self is the very important first step to take. Understanding one’s own individual needs and likes will allow for the connection made through friendship ties to bloom and blossom.

Time is something that should not be wasted or taken for granted; therefore choosing carefully the kind of friends an individual would

like in his or her life would also depend on the type of lifestyle and work of the said individual.



# Chapter 4:

## *Strike Up A Conversation Wherever You Are*

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### Synopsis

Being able to strike up a conversation need not necessarily be limited to people who are open and gregarious. Anyone can learn to interact in a friendly manner and with the adequate amount of practice using the appropriate tools.



## **Talking**

The simplest way of initiating a conversation is to first establish eye contact. Making eye contact allows the other party to acknowledge and accept the invitation to initiate friendly contact. When this is done then both parties are establishing the interest and so a conversation can be started.

Smiling also helps to open the door to a conversation starter. Most people respond well to the simple smile provided it is shown in a friendly and not in a weird manner. With a smile anyone can pick up a conversation as the friendly and open setting has been set.

Having a reasonable amount of knowledge on a particular relating subject matter is also another way the start up a conversation. It should be noted at this point that the conversation content must be relevant to the situation or scenario. This would not only encourage participation from the other party, it can also be perceived as an impression making tool.

Of course the old fashioned style of simply saying “hi” or “hello” is another way to initiate a conversation. Even though it is fairly simple to initiate most people find it rather embarrassing to use this method for fear it will not receive a favorable response. Looking presentable is a plus point when trying to strike up a conversation. Nobody really wants to talk to unkempt or unhygienic people.

For some people it is genuinely difficult and stressful to initiate a conversation. There are people who suffer from certain low self esteem issues and this kind of problem can only be addressed medically and physiologically. However in general if one has or projects a friendly image, then starting up a conversation should not really be a huge challenge.



# Chapter 5:

## *Make A Good 1st Impression*

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### Synopsis

First impressions do count for a lot no matter what people may think or say. Unfortunately sometimes all a person gets is the first chance to make a first impression and if it is not done well, then there is a possibility there won't be a second time or a second chance.





## **The Beginning**

Therefore in order to make the best first impression possible one should take the trouble to equip one's self with all the best and positive advantages possible. Because every encounter has its own potentials, this skill of making a good first impression should be well honed. Usually there are no opportunities to right a wrong.

Being on time is perhaps the single most important habit to train one's self in. No one wants to hear the numerous possible excuses for being late. Learning to plan for all probabilities and possibilities and then timing one's self to ensure the prompt arrival if not earlier is absolutely imperative.

Practicing the art of being comfortable no matter what the circumstances is another plus point to learn. When this art is mastered and the trained body language personifies the feeling of ease than those around will also be able to relax and any potential uncomfortable first meeting jitters can be avoided.

The physical appearance of an individual is also an important point when it comes to making a first impression. However this does not mean dressing expensively or inappropriately. The appropriate attire should always be worn and coupled with the relevant accessories. Being well groomed is also another prerequisite, and all these put together makes a very impressive first impression package.

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