

Are friendships giving you a boost or bringing you down?

By Tara Parker-Pope, New York Times

Are you spending time with the right people for your health and happiness?

While many of us focus primarily on diet and exercise to achieve better health, science suggests that our well-being also is influenced by the company we keep. Researchers have found that certain health behaviors appear to be contagious and that our social networks – in person and online – can influence obesity, anxiety and overall happiness. A recent report found that a person's exercise routine was strongly influenced by his or her social network.

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