

With others instead of alone: on the power of friendship



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Irmtraud Tarr, PhD, is a therapist trainer, music therapist and psychotherapist for children and young adults; she is also a concert organist on the international stage and has made studio recordings and appeared on radio and television. She has written a number of bestselling books in several languages and since 2014 been professor of performance science at Salzburg University.

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On the Magic of Friendship
[Vom Zauber der Freundschaft]
Having better relationships

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There are many kinds of relationship, but real friends are something very special. They create trust, a feeling of security and protect us, particularly when life takes it out on us. We speak to them about everything that bothers us deep down and in the best of cases we even enjoy the ability to be silent together. It has been proved that friends have a positive effect on the quality of life and are the best medicine against loneliness. The vivid and wonderfully told stories in this book show us how to recognise real friends, to take their power seriously and find new people who bring us closer to this one secret of happiness.