

It is true that with friends essay sample

[Life, Friendship](#)



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Topic sentence:

It is true that with friends, even the most difficult of challenges can be overcome, something that i have personally experienced.

Quote:

“ The students who stood with friends gave lower estimates of the steepness of the hill. And the longer friends had known each other, the less steep the hill appeared”

Paraphrase:

According to the author, the people with friends estimated that the hill was less steep than the people without friends, this showed that friends allowed being more optimistic.

Personal example:

I needed my best friend Courtney during the time of my mothers open heart surgery, being how i was around 14 and never experienced such a thing before. Normally anyone would have broken down at that age under the circumstances, but i didn't, because even though i really only had 1 good friend at the time, she was all i really needed, and supported me every step of the way.

Connection:

This directly confirms what the author said is true, because even though i was facing an extremely steep hill, thanks to my friend, that hill was made just a little bit smaller.

Paragraph 3:

Topic sentence:

Now the author speaks about how having friends can prevent health issues, like depression.

Quote:

“ And last year, Harvard researchers reported that strong social ties could promote brain health as we age”

Paraphrase:

The author states that a Harvard research report claims strong social ties can promote brain health as we age, basically interaction protects our minds.

Textual example

This reminds me of so many stories and movies, namely Castaway. Tom Hanks character ends up becoming stranded on an island, completely normal, where after a period of time of being alone, he starts going insane, to the point where he creates a friend from a volleyball.

Connection:

This shows that it is true that without friend, your mind can go very quickly, and even lose sanity without anyone to interact with, even if its just a ball that you painted a face on.

Paragraph 4:

Restate:

Ideally you would have many good friends in your life, but even just 1 good friend is all you need.

Suggestion:

I believe that people need to be good to their friends, always be open and ready to help them and listen to them, and most of all, make sure to know who your real friends are. Everybody needs this information, because no matter who you are or what you do, you need someone to talk to, someone who can assure you that you matter, that you are important to them and the world. My advice is to establish who is your best friend first, that way if all your other friends go, you will know that you will at least always have your best friend by your side.

Counter argument:

Now, while the author states the importance of friends, i would like to know what are the effects of having bad friends in your life.