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NOTEBOOK



THE PODCAST



“Love is a verb. If you want to look good and be healthy, you have to consciously work on diet and exercise. Love is no different.”

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ERIC BARKER

Author of *Plays Well With Others* and *Barking Up The Wrong Tree*

Best-selling author and popular blogger Eric Barker joins Joe to discuss his latest book, [Plays Well With Others](#), sharing what decades of research tells us about relationships and how we can build better ones in our own lives. In this episode, Joe and Eric cover first impressions, romantic relationships, friendships, and the importance of being a member of a community.

[Click here](#) to listen to the episode

Meet Eric ([@bakadesuyo](#))

Eric Barker is the author of *The Wall Street Journal* bestseller [Barking Up the Wrong Tree](#), which has sold over half a million copies and been translated into 19 languages. It was even the subject of a question on “**Jeopardy!**” Over 500,000 people have subscribed to his weekly [newsletter](#). His work has been covered by *The New York Times*, *The Atlantic*, *The Financial Times*, and others. Eric is also a sought-after speaker, having given talks at MIT, Yale, Google, the United States Military Central Command (CENTCOM), and the Olympic Training Center. His new book, [Plays Well with Others](#), was released by HarperCollins in May of 2022.

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