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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.

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