

MIRIAM DR. KIRMAYER

Podcast Introduction

DR. MIRIAM KIRMAYER [KERR-MY-ER]

Today we have the pleasure of talking to one of the **most influential leaders** on **human connection** and **social support**; an unparalleled expert who has spent over a decade researching the science of friendship and the art of connection.

As one of the first and only licensed clinical psychologists to **specialize in friendship**, Dr. Miriam Kirmayer has helped thousands of people **strengthen** their personal and professional relationships and resilience, and **find their place** in a world that's forgotten how to truly connect.

Dr. Miriam sits on the Mental Health Advisory Committee for Wondermind. She's also the **go-to friendship expert** for the likes of The Atlantic, BBC, Forbes, The Today Show, and The New York Times.

Dr. Kirmayer, so happy to have you on today...