

MIRIAM DR. KIRMAYER

Dr. Miriam Says...

“Over a decade’s worth of research and experience have taught me that what matters more than the number of connections you can **count** is the quality of relationships you can **count on**.”

“We each have a role to play in bridging **the connection divide**. It starts with taking a closer look at the beliefs we have about what our relationships should be like. This is what helps us turn our **real** relationships **into** our **ideal** relationships.”

“Our relationships should **fuel** and **fulfill** us. They should allow us to be the best and truest version of ourselves in every season of our lives—from the big (and sometimes scary) transitions to the everyday, ordinary moments that matter.”

“**Connected support** is a catalyst for closeness and growth. Noticing and responding to whatever is needed in a given moment— be it practical help, sage advice, a compassionate ear, or steadfast presence— is a remarkable strength. And thankfully, it’s one that can be honed.”

DR. MIRIAM SAYS...

“Relationships are the **road to wellbeing**. They’re foundational to our personal, professional, and collective resilience.”

“We all have a fundamental, biological need to belong but finding **authentic connection** can be surprisingly challenging.”

“Our friendships are one of our **most valuable relationships** – and yet they’re consistently undervalued.”

“There are very few areas of our lives that our friendships do not touch – they impact our **health**, our **happiness**, and our **professional success**.”

“We can transform everyday conversations into **powerful moments** of connection. If you look closely enough, opportunities to feel seen and supported exist everywhere.”

“We are all worthy of **meaningful connections** and meaningful connections are worth the effort”.