

PRESS KIT | Friendship ... *in a lonely age*.

A. Frynd | September 2026

PRESS KIT

Friendship ***... in a lonely age***

Author: A. Frynd (pen name)

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Short Author Bio

Approx. 75–100 words | For use in catalog listings, event programs, and brief media profiles.

A. Frynd writes at the intersection of cultural criticism, social philosophy, and personal essay. Drawing on the rhythms of ordinary life: the slow drift of acquaintances, the difficulty of sustaining intimacy across distances and decades — Frynd examines what it means to befriend another in our modern times. A careful observer of the forces reshaping human connection in the digital age, Frynd brings both intellectual rigor and studied urgency to the experience of friendship. *Friendship ... in a lonely age* is A. Frynd's debut work about friendship.

Long Author Bio

Approx. 200–250 words | For use in press releases, media packets, and feature coverage.

A. Frynd is a writer and thinker whose work brings a laser focus to the social infrastructure of everyday life — the relationships, rituals, and shared spaces that allow people to feel, however briefly, more connected to others. Frynd approaches these subjects not as a therapist or life coach, but as an essayist in the tradition of careful cultural observation, and contemplative spirituality interested less in prescribing remedies than in mapping the contours of a condition many recognize but few have named clearly.

The concern animating Frynd's work has rarely felt more timely. In May 2023, U.S. Surgeon General Dr. Vivek Murthy issued a formal advisory declaring loneliness and social isolation a public health crisis, noting that lacking social connection increases the risk of premature death by more than 60 percent — a mortality impact comparable to smoking up to fifteen cigarettes per day. The advisory documented a long-term decline in close friendships: by 2021, nearly half of Americans reported having three or fewer close friends, and the time young adults spent with friends in person had fallen by nearly 70 percent over two decades. These are the currents — historical, epidemiological, and deeply personal — that flow beneath *Friendship in a Lonely Age*.

Without attributing any single autobiographical experience to the author, it is fair to say that Frynd writes as a gay man, post two pandemics, grappling, sometimes awkwardly, with what closeness is supposed to look like now. The result is a book that is at once a cultural document and an act of sustained attention.

A. Frynd's biography is available on the book's official website www.FriendshipInALonelyAge.com

Book Synopsis — Short

Approx. 100–125 words | For use on back cover, catalog listings, and retailer product pages.

We live in an era of unprecedented connectivity — and unprecedented loneliness. In *Friendship ... in a lonely age*, A. Frynd meditates on what has happened to one of the oldest and most necessary of human bonds: friendship. Not the curated contacts of social media or the managed warmth of professional networking, but the rarer, stranger thing — the relationship in which another person truly knows you. Frynd turns to two dozen friends to learn their experiences, and their stories animate the book.

With a sharp eye on the cultural forces that have made deep friendship harder to form and harder to sustain, Frynd asks what we lose when we lose each other — and whether the conditions of modern life, for all its noise and overreach, have made us strangers to deeper friendships.

Ten illustrations by Kahlil Gibran, the artist and poet who gave us *The Prophet*, opens each chapter — a wordless way into what each one holds.

Both a diagnosis and a reckoning, this beautiful read arrives at exactly the moment we need it.

Book Synopsis — Long

Approx. 250–300 words | For use in press materials, media kits, and trade review submissions.

In the years since dual pandemics (the HIV/AIDS, and subsequent COVID-19 pandemics) reshaped the social world, a question has come over contemporary life with persistence: *what happened to our friends?* Not our followers, our connections, our contacts — but the people who once knew our personal histories, “the long version of us,” as the author calls best friends, those who showed up, who stayed. In *Friendship ... in a lonely age*, A. Frynd takes this question seriously, as both a cultural problem and a spiritual one.

Frynd turns to two dozen real friends to learn their experiences, and their stories animate the book.

The book moves through the terrain of friendship at different registers and different life stages — the vivid, consuming friendships of youth; the gradual, often unacknowledged attrition of midlife; the more choosy reaches of later years, when the arithmetic of connections grows starker, weened by estrangement and eventual death.

Frynd points out that friendship, unlike romantic partnership or biological family, has no formal ceremony, no legal standing, no institutional support. It exists, in some sense, outside the official record of a life — which may be precisely why its erosion has been so easy to overlook.

An examination of how digital communication has altered the texture of closeness is often in the backdrop. Platforms designed to reduce friction in social life have, in many cases, replaced the kind of sustained, effortful contact from which genuine intimacy grows. The illusion of presence — a like, a reaction, a brief message — can substitute for the real thing without ever satisfying the need it mimics.

Frynd writes with the measured attention of a cultural essayist — neither sentimentalizing the past nor dismissing the present — and the result is a book that situates the personal within the structural: a work that examines not only what friendship feels like, but what kind of society makes it possible, and what kind makes it rare.

The historic voices we hear, are not for show: the author only includes those thinkers who have been with him and influenced his life. That nuance is an example of the book's integrity.

Ten illustrations by Kahlil Gibran, the artist and poet who gave us *The Prophet*, opens each chapter — a wordless way into what each one holds.

Each chapter ends with accessible notes, plus there is a “Resources for Action” guide at the end to carry the book's ideas into practice in various communities

Friendship in a lonely age is a work of serious nonfiction for readers who have felt the both the absence and the embodiment it describes.

Press Release

New Book Examines the Crisis of Human Friendship: A. Frynd's *Friendship ... in a lonely age* to Publish in September 2026

New York, NY – September 2026.

A. Frynd (pen name) announced today the forthcoming publication of *Friendship ... in a lonely age*, a book-length work of nonfiction by A. Frynd, scheduled for release in September 2026. The book examines the erosion of deep friendship in contemporary life, tracing the cultural, technological, and structural forces that have made close human bonds harder to form — and more necessary — than at any recent point in modern history. It will be available in paperback, and eBook formats through major retailers, especially through libraries.

Friendship ... in a lonely age arrives at a moment when the subject of friendship has moved from the margins of cultural conversation to its center. In May 2023, U.S. Surgeon General Dr. Vivek Murthy issued a formal public health advisory identifying loneliness and social isolation as a national crisis, noting that the physical health consequences of social disconnection — including heightened risks of heart disease, stroke, dementia, and premature death — rival those of smoking up to fifteen cigarettes per day. In the years following the COVID-19 pandemic, the structural conditions of social life have undergone rapid and, for many people, disorienting change. Frynd's book meets this moment with the tools of serious nonfiction: inquiry, evidence, and sustained reflection.

“Friendship ... in a lonely age was written precisely for this epoch, a time when people are, because of the depersonalization wrought by technology, uniquely searching for real connections. I have worked to offer a clear, steady voice in a long historical conversation — reflective without being sentimental, grounded without being clinical. My goal was to meet readers where they are and invite them to consider how friendship might become a more intentional part of their lives.” **A. Friend, author and publisher**

A. Frynd is a writer and cultural critic whose work focuses on the social bonds that shape ordinary life. The historic voices we hear, are not for show: the author only includes those thinkers who have been with him and influenced his life. That nuance brings depth, and is an example of the book's integrity.

Writing in a reflective, contemplative, essayistic register, Frynd draws on the disciplines of social philosophy, cultural history, and close observation to examine questions that are both intimate and structural. *Friendship ... in a lonely age* is Frynd's debut work of book-length nonfiction.

Ten illustrations by Kahlil Gibran, the artist and poet who gave us *The Prophet*, opens each chapter — a wordless way into what each one holds.

Friendship ... in a lonely age by A. Frynd will be available in trade paperback, and eBook editions beginning September 2026. The book is available for pre-order at major retailers including [\[Retail Links to be added later\]](#).

For wholesale and library orders, contact reachus@FriendshipInALonelyAge.com

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Section 8

Sample Interview Questions

For use by journalists, podcast hosts, book reviewers, book club discussion leaders, and event moderators. Questions may be adapted to suit format and length.

1. What drew you to friendship — rather than, say, romantic love or family — as the central subject of this book? What is it about friendship specifically that felt underexamined?
2. The word "meditation" is often used to describe this book. How would you characterize the approach you took — and what does it mean to meditate on a subject rather than, for example, argue a thesis about it?
3. In May 2023, the U.S. Surgeon General issued a formal advisory calling loneliness a public health crisis. When you encountered that framing — friendship and connection as a matter of public health — what was your reaction? Does thinking about loneliness in clinical terms help or obscure something important?
4. Many people feel they have hundreds of connections online while also feeling profoundly alone. How do you understand that paradox — the coexistence of hyper-connectivity and deep isolation?
5. Friendship is often described as something that "just happens" — a natural byproduct of proximity, shared experience, time. Do you think that model of friendship still holds in contemporary life? What has changed?
6. The book appears to trace friendship across different life stages. Did you find that the meaning of friendship — or the difficulty of sustaining it — changes significantly as people age?
7. Social media platforms are often blamed for degrading the quality of human connection. Is that a fair charge, in your view — or is the relationship between technology and friendship more complicated than that?
8. Friendship, unlike marriage or parenthood, has no ceremony, no legal status, no formal recognition. Do you think that invisibility has contributed to how easy it is to let friendships lapse without quite noticing?
9. Is there a path forward — something that could reverse or at least slow the erosion of deep friendship you describe? Or is the book, in some ways, also a work of mourning?

10. What do you hope readers take away from *Friendship ... in a lonely age* — not as a prescription, but as an experience? What do you want the book to leave behind?

Praise for Friendship in a Lonely Age

★ ENDORSEMENTS

Advance praise and endorsements for *Friendship in a Lonely Age* are featured on the author's official website. Please visit www.friendshipinalonelyage.com to view all endorsements. Contact the publicist for a deeper conversation.

If including pull quotes in the printed press kit, paste up to three endorsements in the table below:

#	Endorsement Quote	Endorser Name & Title / Publication
1	<p>"I have read and reread Frynd's <i>"Friendship ... in a Lonely Age"</i> and seven key descriptors fit: brilliant, transparent, insightful, practical, expansive, authentic, and organic. While the book is autobiographical in nature, it is not ego-centric. (It's not all about Frynd.) Clearly, the author has been (and continues to be) on a life-transforming journey which, at its center, is this phenomenon called friendship.</p> <p>In these pages, Frynd very capably deals with the etymology and psycho-social dynamics around friendship. However, what I most appreciate are the stories and anecdotal illustrations which engage the heart and invite robust participation.</p> <p>The book very skillfully moves one from head to heart.</p>	Blair K. Anderson, Minnesota elder

#	Endorsement Quote	Endorser Name & Title / Publication
	<p>I hear Frynd saying: <i>Friendship is that sacred space where I can know and be known, love and be loved, serve and be served, celebrate and be celebrated. Friendship is that reciprocal relationship which consistently messages: I see you. I hear you. I honor you. I feel with you without the need to fix you. And I give you the space you need to be you.</i></p> <p>This is a book which invites personal reflection, self-examination, contemplation and action. I commend this “labor of love” to anyone who wants to be on the life-giving journey of cultivating authentic friendships."</p>	
2	<p>A Beautiful Reflection on Friendship Here philosophy meets the essay form. This book offers a beautiful and surprisingly profound clarification of something we too often take for granted: friendship. What makes it especially meaningful is the way it explores the different levels and layers of friendship in our lives. Not every friend occupies the same place in our hearts, nor do all friendships serve the same purpose. Some relationships are brief and circumstantial, some are companions for a particular season of life, and others become enduring sources of strength, understanding, and love. The book gives language and structure to these distinctions without diminishing the value of any of them. More than simply defining friendship, it invites us to see it with greater clarity — and, ultimately, with greater gratitude. It left me reflecting not only on what friendship means, but on the many friends who have helped shape who I am and helped me keep moving forward. On their own, the first five chapters could stand the test of time as representative of our modern age. This is a beautiful book about a deceptively nuanced subject — and a timely reminder to appreciate the friends we have, remember the friends who have helped us along the way, and</p>	<p>— Chuck Selvaggio, English teacher and book club member, Wilmington, DE</p>

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	remain willing to become that friend for someone else.	
3	<p>I picked-up this 10 chapter easy-read expecting a self-help book about making friends as an adult. What I got instead was something closer to a companion, and I mean that in a literal sense.</p> <p>Author A. Frynd built this from real conversations with friends, more than two dozen of them, and it shows. When he asked his own friends, "What is friendship?" almost nobody gave him a definition. They gave him a memory, a confession, a regret. That choice sets the tone for the whole book.</p> <p>It is not a treatise, but a gathering of testimony, woven together with Aristotle, Aelred of Rievaulx, Cicero, Whitman, and living voices like Richard Rohr, and somehow it never feels like name dropping. It reads like someone who has actually spent decades with these thinkers and finally found somewhere to put what he learned from them. I think he actually did!</p> <p>Aelred's four tested qualities of friendship, loyalty, right intention, discretion, and patience, have stuck with me since I closed the book. So has the story of the author's boyhood friend Chaz, whose fried bologna sandwiches and quiet shelter from schoolyard bullies turned out to matter fifty years later.</p> <p>Alma is the heart of the book for me, the spiritual director who became a friend and taught him to read slowly.</p> <p>So is the chapter on friendship during illness, which draws on the AIDS buddy programs of the 1980s and does not look away from what it actually costs to stay present to someone who is dying.</p> <p>The clearest statement of what the book is actually arguing shows up when Frynd retells the moment the Buddha corrects his attendant Ananda, who thought he was praising friendship by calling it half of the holy life. Not half, the Buddha tells him, the whole of it. Everything else in the book seems to build toward that line.</p>	Jayne Gumpel, LCSW, Co-Founder, Access Mindfulness

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	<p>He does not spare himself either. The chapter on friendships that fail opens with a confession about a friend named Mo, someone who showed up for him for years until he let distance and his own exhaustion do what a real ending never did. He does not resolve it into a lesson. He just tells you it still grieves him. That same chapter, and the one on best friends before it, range from Elizabeth Barrett Browning's letters to Mary Russell Mitford, to James Baldwin and the painter Beauford Delaney, whom Baldwin called his spiritual father.</p> <p>The book keeps insisting that this pattern--recognition, loyalty, showing up--is older than any of our labels for it, and by the fourth or fifth example you believe it.</p> <p>I would gladly call this author my friend and feel blessed for it! It's a modern day Bible on Friendship!</p>	

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⚠ PRODUCTION TEAM NOTE

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