

# Relationship Advice: Social Tips from Ben Franklin and Other Maxims Masters



By Vicky Oliver

Eons ago, long before the invention of Facebook and Match.com, our ancestors grappled with social conundrums. Before Twitter sent out its first tweet, or anyone had heard of an RSS feed, our forebears asked themselves questions. Namely, how does one overcome social alienation, win friends, and build a richly rewarding social life?

**Consider these three social, relationship advice gems that have withstood the test of time. Their insights may help form the foundation of a richly rewarding social calendar that leads to new opportunities for success:**

**1. “Early to bed and early to rise makes a man healthy, wealthy and wise:”** Benjamin Franklin noticed in the late 18th century that good sleeping habits made him feel better and think more clearly. If our overextended, hectic lives leave us too sleep-deprived and grouchy to pursue a rewarding social life, it’s time we take Ben’s advice. Shut off the computer in favor of shut-eye. Friends and business associates will enjoy their interactions with us more, which may lead to more opportunities.

**Related Link:** [Q&A Should I Be Concerned About My Man’s Social Network Activity with Other Women?](#)

**2. “A rolling stone gathers no moss:”** What Latin writer Syrus, circa 100 BC, may have foreshadowed regarding our 21st century lifestyle is that many of us move too fast (“rolling”) to gather much moss (“a social life”). Think about places where we fritter away our time, such as planes, trains, and automobiles. Then, make a point of engaging fellow travelers in conversation. These individuals may have access to all sorts of insider tips, connections, and other perks that will make the road well traveled more interesting.

**Related Link:** [Celebrity Couples Who Let Social Media Run Their Relationship](#)

**3. “Birds of a feather flock together:”** To find our flock, it’s often helpful to turn solitary activities into social opportunities. Those who like running or painting might use [www.meetup.com](http://www.meetup.com) to find a running buddy or an artist’s colony, writers may consider organizing a monthly writers group, and divorcees can create support groups. Forming groups over shared activities helps us break out of our individual silos and find like-minded individuals.

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