






Frenemies in the workplace are often individuals triggered by some aspect of you, adds Ryan Joseph Kopyar, a licensed counselor and author of *Big Boys Do Cry: A Man's Guide to Navigating Emotions and Showing Up More Vulnerable in Relationships*. "It's typically something they see in you that they wish they had in themselves," he says. "They find themselves in a tug of war between wanting to be your friend because they admire that aspect of you, while also being your enemy due to jealousy or resentment over the fact that you embody what they wish they could."

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## FEATURED VIDEO



## Why humanity must embrace a plant-based diet

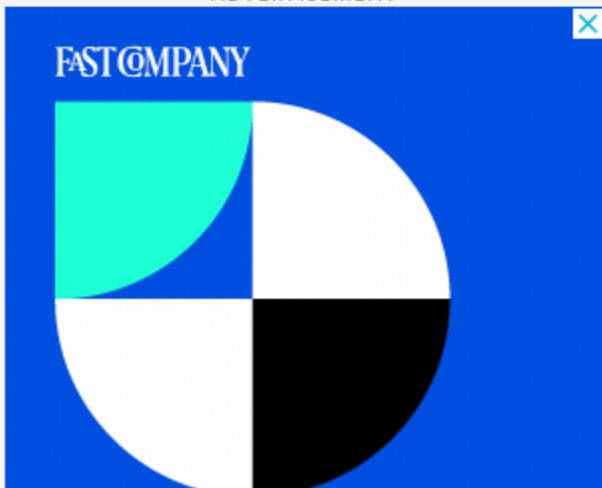

  
 present  
**TASTE OF GRATITUDE**  


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## The power of positivity

For Giant Spoon's Ian Grody, gratitude is essential to unlocking creativity

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