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Why Your Friends Have More Friends Than You: The Friendship Paradox

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Scroll through social media, and it can seem as though everyone else has more friends than you, gets together more often, and is always surrounded by someone. It is the moment you start wondering whether you are the only one with a small social circle. Yet behind this feeling lies not personality or luck, but the structure of numbers. That structure is called the “Friendship Paradox.” Put simply, the friendship paradox refers to the phenomenon in which, for most people, their friends have on average more friends than they themselves do. It does not happen because anyone is particularly unpopul