

user		
id	name	email
1	Michael Hartl	mhartl@example.com

user.following

relationships	
follower_id	followed_id
1	2
1	7
3	1
7	2
1	10
2	1
1	8
9	1

through

has_many

has_many

has_many

has_many

user		
id	name	email
2

user		
id	name	email
7

user		
id	name	email
10

user		
id	name	email
8

```
User has_many :following, :through => :relationships,
  :source => "followed_id"
```