SURPRISING GUIDEPOSTS TO A HAPPIER LIFE

FROM THE LANDMARK

HARVARD STUDY OF ADULT DEVELOPMENT

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GEORGE E. VAILLANT, M.D.

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Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development



In a unique series of research, Harvard University has followed 824 subjects from their teens to old age. Professor George Vaillant right now uses these to illustrate the surprising factors involved with reaching happy, healthy old age.



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just I am 94, and We loved every thought in this book! My summary of the book would be what my mother always explained, "There are two words that will get you not just THROUGH life but enjoying it as you are living it: attitude and gratitude.e. I sensed a real sense of peace as I turned these pages and discovered myself agreeing stating, "yes, that's right." They function for me. Not a information for everyone I read this simply because a recommendation of the Curiosity app. I think this is an outstanding book, and would like to briefly respond to many of the critical evaluations.1. The author is quite aware of the influence of privilege on the lives of the Harvard graduates he studies, and repeatedly makes attempts to know what kinds of success are, or aren't, the result of privilege. He pays close attention to the lives of the women in the Terman research, and the "Inner-City" males who weren't born into privilege, to compare them with the knowledge of the white male Harvard graduates.2. No consideration of latest attachment theory. Over the decades, there were many attempts by "blind" raters to examine one part of the subjects' data files, with no knowledge of the others of this subject's file. I.) Wisdom for the Ageing -- and for the Ages I've read this book fully twice during the past decade. a physician reads the file to evaluate the subject's physical wellness, with no understanding of that subject's childhood, professional or personal existence, etc. I will retread several of the last chapters where the major conclusions are shared and provided meaning that I will personally reap the benefits of for my very own "Aging "Well" perspective.3. Read before your old Great read Subjective, Anecdotal and Outdated. However, it really is absurd to state that the reserve is merely a reflection of his prejudices. He writes sensitively and appreciatively about businessexecutive Republican types (though he's an academic liberal) and about religious believers (though he's not one). Personally, i am acutely delicate to the ubiquitous and un-self-conscious liberal bias in the mass media and academia, and I really did not find any here. The second half of the book is not as clear or particular as to what the writer is trying to tell us.: Avoid alcoholism at all costs! Many men started with trust money and boarding college, and finished up scraping by; others from little country towns wound up wealthy.* Most of the "Inner-City" males, who were elevated in or near poverty, with few opportunities or privileges, could actually have healthful, rewarding, inspiring lives, with happy marriages, satisfying function, community ties, grandchildren, rewarding hobbies, etc. I came across my perceptions re.What I eliminate from this book is the idea that although presents, talents, fortune, personal, physical and intellectual characteristics, looks, social status, and privilege are very unequally distributed in life, it is possible to respond well or badly to life's slings and arrows, and that the nature of this response can have a huge impact on your later life. Subjective, anecdotal and outdated. "They appeared to be a theme of this book! Finally, a couple of interesting factors that I really believe the book proves well:* Inside the cohort of (those that were privileged more than enough to be) Harvard grads, there was little or no correlation between social position at birth and at the end of life.!! It is both most solidly based research on what makes for a happy old age, and probably the most humane and thoughtful records of elders speaking for themselves to a sympathetic, smart, and literate hearer.e. Significantly. There is conentment to be found in these webpages. Thank heaven George Vaillant started this work at a young age and has continuing it for so many years. It definitely offered me pause to see if I was placing myself up for success in retirement. Progressive and meaningful perspectives for Ageing Well The areas that were the "intellectual setup for the "Aging Good" documentation were the deeper and least entertaining of this book but quite necessary for providing what will be necessary for drawing the meaningful conclusions for this book!! I found the conclusions drawn and suggested to be very insightful and will be useful on an individual basis. This is simply not simply about the author interviewing people and

confirming his pet theories, although you could superficially obtain that impression. I could observe where after having lost my wife last year after 50+ years of marriage these details will help me in working with my own personal grief reconciliation. Anyone needing a wholesome perspective for aging and starting to face their own immortality would also benefit from reading this book! However I will say that that without this documentation the conclusions drawn for the "Aging Well" premise would not be as well understood... Clarity This is actually the latest volume reporting the findings of a years long study about how exactly we "grow up". Also, there can be an inordinate focus on cultivating a garden which is difficult for apartment and city dwellers. we should provide a copy to every twenty-year previous, but it will be a wasted work!, 2. On average, that they had worse physical health, less prestigious occupations, and lower incomes than the Harvard cohort, but had been in no way less happy -- again, normally. my view of both the sources of success and the sources of wounds mainly confirmed. It is definitely worthwhile to learn this book and glean from what you can that matches with your life. As I move into the age group talked about by the book, I find it a great guide to self-care in both physical and the mental/spiritual dimensions. Important Subject The first half of the book is excellent. The writer explains the worthiness of the longitudinal research and then demonstrates its value again and again through the stories of the study's participants. Any given page of the brand new York Times is 100x worse than this reserve, if liberal bias is normally something that bothers you. The theme appears to be content, be outgoing, possess a lot of friends and family, have a lot of activity, and you may age effectively. Two conclustions: 1. I ordered this and Triumphs of Encounter. There is convenience in both end factors: that we may be gratified at the first and left with a clearer understanding that so a lot of our discomforts about who we are arose from many occasions and persons which were beyond our control. Many of the critical testimonials are misleading. That one. The author is quite frank and aboveboard, that he, like every one of us, provides particular biases and prejudices in how he views the world: he is a liberal East Coastline academic. (i. I actually ordered this and Triumphs of Experience. Not scientific but selective lifestyle stories. The methods of the analysis (as, I suppose, with the field in general) repeatedly make initiatives to correct for the bias of specific observers, including the author. No reference to despair. I perform not advocate. Follows atypical group of Harvard students. I really do not buy into the timeline of peak learning ages, etc.I would never have found this publication if it had not been on the end table of the Assisted Living Service and caught my interest while awaiting an opportunity to talk to the Administrator of the facility where my wife was living ahead of here passing. Wisdom & The book is written for a lay person and the author clearly explains any technical information the reader needs to know. This one was a little bit easier to read, but nonetheless took a substantial amount of concentration to complete it. Provide it to anyone you know who hopes or expects to live to their 60s or later. Two Stars truisms and anecdotes Five Stars Good product, good service Five Stars Read it. Five Stars nice



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