

"This is an important—and deeply fascinating—book."

—MALCOLM GLADWELL

The Longevity Project



**Surprising Discoveries for Health
and Long Life from the Landmark
EIGHT-DECADE STUDY**



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Howard S. Friedman

The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study



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" -O, The Oprah Magazine For a long time we have been told to obsessively monitor when we're angry, what we eat, how much we worry, and how often we visit the gym."An extraordinary eighty-year study has resulted in some unexpected discoveries about long life. Drawing from the most extensive study of extended life ever carried out, The Longevity Project busts many long- held myths, revealing how: Many of those who worked the hardest in fact lived the longest Engaged and getting married is not a magic ticket to great health It's not the happy-go-lucky who thrive-it's the prudent and persistent With self-tests that illuminate your personal best paths to much longer life, this book adjustments the conversation about what it really takes to achieve an extended, healthy life. So why isn't everyone healthy?



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that happy go lucky people necessarily live the longest This is a fascinating read aimed at the average individual. Translated, that means making small incremental changes over a long period of time and sticking with it. They make an effort to debunk a few most likely widely held ideas, e.g. that happy go lucky people always live the longest. Be Conscientious!g. "plenty" of folks demonstrated this behavior. Well, what's lots? However it's not a scientific report. I have gotten one quarter through the book and begun skimming because it all seems just like a preamble to presenting hard data and decisive conclusions. The conclusions are based on lengthy term research and several different studies, therefore there is certainly depth and dependability in them.. Once you imagine you have the reply it's tempting to look for that reply in further data and it appeared like they do that. So I would have loved a bit more rigor in the evaluation. But I'd buy the reserve again and would recommend it.. Or they are intensely pitched toward diet plan or perhaps exercise and not other issues like internet sites. While the information is interesting--it was not as educational as . Information WILL HELP But Is Vague Thus Might Not Interesting research but i'm uncertain if people will be able to apply some of it specifically with their own scenario since health insurance and living quite a long time is such a complex factor and varies so very much from individual to individual. They don't just SAY it's better to be happily married, they in fact discuss it.. What is the idea of the book anyhow? Maybe we don't need to know that 49.(this). A long life - the real reasons Friedman and Martin explain the true reasons for extended life spans - prudence, practicality and persistence!...one cant eliminate the influence of .I assume "qualified" I.It really is continually equivocating: not this, but alternatively a "little that" and then.We felt like their conclusions were relatively less than well presented, and based too much on a couple cases.although we can not REALLY PINPOINT. Way too many books on longevity focus on lists of stuff to accomplish or not do..etc. What's the publication trying to say-- except things are not the way we think they are? Good reserve!Terman's gifted kids.. The name Terman is usually what attracted me.....Q.... I will finish it and find if any useful conclusions are drawn in the finish. -wise but a era later than his study.! It will keep repeating itself but comes to some obvious conclusions: people who have a "right" attitude have a tendency to live longest. i." WHO WOULD HAVE GUESSED?, everything in moderation, have a STRONG social networking and work satisfaction, give back to society, etc. Just surprise was that kids who begin formal schooling extra early tend not to live as long(!) I would state the conclusions mirrored the general values of the first forties and fifties about "well-rounded" people in steady social situations. As the information is interesting--it had not been as educational as I had expected....nothing really new here. Balanced State of Mind Scientific study of relationship between good longterm health and psychological wellbeing....But I just gave the book four celebrities because in several instances I wanted to know a little even more about how they drew their conclusions. a genuine prejudice toward divorce and insufficient conformity. The long-lived individuals were always CONSCIENTIOUS, they state! (Later) I've now finished the book. In closing,"... people on these long-life paths reflect a dynamic quest for goals, a deep satisfaction with lifestyle, and a strong sense of accomplishment.e.. It's based on the long-term study of 1500 or so middle-class People in america and the conclusions the authors drew from this study about what characteristics lead to, or at least had been present in, those people that resided the longest.The reason for length of life following the death of a spouse is particularly interesting (Chapter 13). I felt like their conclusions were somewhat significantly less than well presented Interesting research study, interesting hypotheses. And they ARE talked about. This book is a "keeper" and someone to recommend to people you value.. There are a lot of topics discussed right here.. And just why and why it isn't necessarily so..

Perhaps, I was expecting the incorrect thing from this reserve.. Insightful and penetrating longitudinal research of over 1000 scientific patients. As some have described, the authors could be imprecise, e. Five Stars Very interesting read! It was fascinating. Why publish it? This book is quite ideal for our life. Five Stars very good I cherished it and found myself at a good chance on living longer as We am conscientious. Five Stars Very interesting findings Live long and well A fascinating book. 8% of the people did or did not do this. We are able to learn what will help us live longer, healthier lives with self-lab tests in each chapter. Also, It is suggested for Health Psychology class.



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