

GEORGE E. VAILLANT

TRIUMPHS of EXPERIENCE

THE MEN OF THE
HARVARD GRANT STUDY



George E. Vaillant

Triumphs of Experience: The Men of the Harvard Grant Study



[continue reading](#)

At a time when many people around the world are living to their tenth decade, the longest longitudinal research of human development ever undertaken offers some welcome news for the brand new old age: our lives continue to evolve in our later years, and often are more fulfilling than before. The credit for ageing with grace and vitality, it appears, goes even more to ourselves than to our stellar genetic makeup. Today George Vaillant follows the men into their nineties, documenting for the first time what it is like to flourish far beyond conventional pension. The now-classic *Adaptation to Life* reported on the males's lives up to age 55 and helped us understand adult maturation. Reporting upon all aspects of male life, including interactions, politics and religion, coping strategies, and alcoholic beverages use (its abuse being by significantly the best disruptor of health and happiness intended for the study's topics), *Triumphs of Encounter* shares a number of surprising findings. For example, the people who do well in old age didn't necessarily do therefore well in midlife, and vice versa. Marriages bring a lot more contentment after age 70, and physical aging after 80 is set less by heredity than by behaviors formed prior to age 50. While the study confirms that recovery from a lousy childhood is possible, memories of a content childhood certainly are a lifelong way to obtain strength. Begun in 1938, the Grant Study of Adult Advancement charted the physical and emotional health of over 200 men, you start with their undergraduate days.



[continue reading](#)

An important read for all those raising boys Initially I thought this was a report on longevity and how exactly to live to 100, though it's more a report on what makes for a happy (ideally not short), fulfilling existence for males. On page 41 Professor Villant lists ten predictors of flourishing in old age, what he calls the "Decathlon of Flourishing. It made me curious to find what certain technology (DNA, epigenetics) can perform for studies of the social sciences later on. An understanding of adaptive coping is crucial. And I am therefore very grateful that George Valliant wrote this reserve. This is a report that started years ago, so you can tell just how dated a few of the notions are, or even the fact that the analysis members are all white Harvard males. The technology that procedures many markers of physical health (human brain scans, epigenetics, DNA) is normally all so fresh we simply don't HAVE much data related to physical health. So, I'm glad I read the publication. It learns from itself, in lots of ways, by folding back to itself and getting insight. Just how many studies can do that? If you get the earlier chapters too tedious (there is a lot of study methodology), please continue reading, since the later on chapters provide interesting results. As an 8-year-old kid, I scoffed at the idea that emotional and public health could be very meaningful in comparison to physical health, while reading my health textbook in college. Decades later, I still believe the same to a large level. I am skeptical that "social supports" mean much for health and living a long time, and even the book missed they perform. I couldn't articulate it at 8, but I believe that's what I want to do. But the researchers, males in the study, and even the writer grow over time, too. I have a feeling that searching at the lives of these men through the lens of social helps, etc. actually has a lot more related to physical wellness than we realize. That's, let's breakdown "love" and "social supports" to biological terms using what happens in the mind and to the body. It's problematic for me to buy into the supreme importance of relationships that this book puts forth. That makes this a unique research. Since I'm raising males, I read on. I think now there is fantastic potential. I also wondered if I would be able to avoid making errors. But I'm left curious about more, and always, often, how to feed your body (nutrition, etc.) and care for it therefore that we are able to live to 100+. Longevity is my passion. The book then goes on to examine how the individuals did on these elements and gives several life stories. The study is limited to males (and presumably white men) because men are better to follow through the years than women. Given the distance of the analysis many researchers were involved with it over time. It could apply to females too however they were not contained in the study. I came across the book to end up being tedious in that Professor Villant goes on to great duration to discuss topics that could be covered more succinctly. Useful and helpful but too tedious Triumphs of Experience is Harvard Professor George Villant's account of a study undertaken by Harvard University of males because they aged from college students to old age group. A few of the conclusions that Professor Villant reaches are: 1. It did not chart a map, nonetheless it set a course that affirmed over and over again that the items you get best matter more than the items you carry out wrong and love is enough to effect a result of great joy. What goes correct is far more essential than what goes incorrect. People can change over time. 3. The insistence on a warm childhood, as a thing that precedes achievement as adults, really spoke to me, so I think my boys are better off for me personally having read this! 4.2." Included in these are such elements as getting listed in "Who's Who in America" (achievable for Harvard males perhaps but largely out of grab a lot of the rest of us), highest gained income, and great marriage. I would recommend the book for anyone who wants to examine the issue of how exactly to age successfully. I read this publication because I wanted to find if there have been seeds I possibly could plant now, while they are youthful, that would bear fruit 40 or 60 years from right now. insight, data, and grace I'm a dad of two boys.

Men and women can advantage, but obviously guys will derive more. I wondered what could perform now to greatly help them live full and meaningful lives. For the time being, I'll simply make an effort to give my males a warm childhood. Taking the time, thinking about these males, and imagining the way the lessons learned could be grafted in to the lives of my sons offers been incredibly useful. I can't help wonder if enough time thinking about this is even more fruitful or the info in and of itself, but of course the solution is both. For those reasons, I read this reserve slowly, taking nearly a year to read every phrase. Though of course, it's possible for people to change and grow from less than ideal starts, just perhaps more challenging. The most important influence by much on a flourishing lifestyle is love.



[continue reading](#)

download free Triumphs of Experience: The Men of the Harvard Grant Study epub

download free Triumphs of Experience: The Men of the Harvard Grant Study ebook

[download The Prime of Life: A History of Modern Adulthood fb2](#)

[download Born Together?Reared Apart: The Landmark Minnesota Twin Study pdf](#)

[download Bilingual: Life and Reality pdf](#)