

GEORGE E. VAILLANT

TRIUMPHS OF
EXPERIENCE

THE MEN OF THE HARVARD GRANT STUDY

WITH DONALD NEUMAN

ILLUSTRATIONS BY JOE WITH CHARLES AND HELEN

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Triumphs of Experience: The Men of the Harvard Grant Study



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At a time when many people all over the world are living into their 10th decade, the longest longitudinal research of human development ever undertaken offers some welcome news for the new old age: Our lives continue to evolve in our old age and often become more fulfilling than before. Begun in 1938, the Grant Study of Adult Development charted the physical and emotional wellness of over 200 guys, you start with their undergraduate times. While the research confirms that recovery from a lousy childhood can be done, memories of a happy childhood certainly are a lifelong way to obtain strength. Right now George Vaillant follows the men into their 90s, documenting for the very first time what it is like to flourish considerably beyond conventional retirement. The credit for ageing with grace and vitality, it seems, goes even more to ourselves than to our stellar genetic makeup. For instance, the people who do well in old age didn't necessarily do so well in midlife and vice versa. The now-classic *Adaptation alive* reported on the men's lives up to age group 55 and helped us understand adult maturation. Marriages bring much more contentment after age group 70, and physical ageing after 80 is determined less by heredity than by behaviors formed prior to age 50. Reporting on all aspects of male life - including human relationships, politics and religious beliefs, coping strategies, and alcohol use - *Triumphs of Encounter* shares several surprising findings.



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His major thesis — that the prime contributor to pleasure and achievement in adult lifestyle is love — both resonates with me and warms my heart. It could connect with females too however they were not contained in the research. I also wondered easily would be able to avoid making mistakes!

Hope for everyone: it's never as well late to change. This is a report that started decades ago, so that you can tell precisely how dated a few of the notions are, or even the fact that the study members are all white Harvard males. But the researchers, males in the study, and even the writer grow over time, too. That makes this a unique research. It learns from itself, in lots of ways, by folding back into itself and getting insight. If you like a lot of background bio's this is actually the publication for you. If you discover the sooner chapters too tedious (there is a lot of analysis methodology), please continue reading, since the afterwards chapters provide interesting results. As an 8-year-old child, I scoffed at the theory that emotional and social health could be very meaningful in comparison to physical health, while reading my health textbook in school. Decades later, I still believe the same to a large degree. I am skeptical that "social supports" mean much for health and living a long time, and even the book missed they do. It's difficult for me to purchase into the supreme need for relationships that this reserve places forth. The technology that methods many markers of physical wellness (human brain scans, epigenetics, DNA) is all so new we simply don't HAVE much data linked to physical health. I have a feeling that considering the lives of the men through the zoom lens of social supports, etc. That is, let's break down "love" and "social supports" to biological terms with what happens in the brain and to the body. I couldn't articulate it at 8, but I think that's what I want to do. insight, data, and grace I'm a father of two boys. Would you read 370 pages to find that out? 2. In the meantime, I'll simply try to give my boys a warm childhood. But I'm left curious about more, and always, constantly, how to feed the body (diet, etc.) and look after it so that we can live to 100+.

First, Vaillant consistently employs a concept of "success" that privileges money and external reputation and diminishes the importance of creativity and the life of the brain. The study is limited to guys (and presumably white males) because men are easier to follow over the years than women. Useful and educational but too tedious Triumphs of Encounter is Harvard Professor George Vaillant's accounts of a study undertaken by Harvard University of males because they aged from college students to old age. Given the length of the analysis many researchers were involved with it over time. Imagine if I told you that people are different plus they transformation as they grow older?" These include such factors as getting shown in "Who's Who in the us" (achievable for Harvard males perhaps but generally out of grab a lot of the rest folks), highest gained income, and great marriage. The book then continues on to examine how the individuals did on these factors and gives a number of life stories. I read this book because I needed to observe if there were seeds I could plant right now, while they're young, that could bear fruit 40 or 60 years from now. The most important influence undoubtedly on a flourishing life is love. I believe there's great potential. People can change over time. 3. A knowledge of adaptive coping is vital. 4. What goes right is far more essential than what goes incorrect. I came across the book to end up being tedious in that Professor Vaillant continues on to great duration to discuss topics that may be covered more succinctly. I recommend the book for anyone who wants to examine the query of how exactly to age successfully. Valuable book despite its limitations Vaillant has written a fascinating book that's a pleasure to read. So, I'm pleased I read the book. Some of the conclusions that Professor Vaillant gets to are: 1. I wondered what could do now to help them live complete and meaningful lives. Since I'm raising males, I read on. For all those factors, I read this book slowly, taking nearly a year to learn every word. Vaillant's narrative of the Harvard Grant Research and his interpretation of the results is both fascinating and relevant to a person nearing retirement. Case histories of why is a successful and happy life. And I am so extremely grateful that George Vaillant

wrote this publication. It didn't chart a map, nonetheless it set a training course that affirmed over and over again that the things you get ideal matter more than the things you do wrong and love is enough to effect a result of great joy. Never too late to find happiness Wonderful book !! The insistence on a warm childhood, as a thing that precedes achievement as adults, actually spoke to me, so I think my boys are better off for me having read this!! actually has a lot more related to physical health than we realize. Making the effort, thinking about these guys, and imagining how the lessons learned could be grafted in to the lives of my sons has been incredibly helpful. Though of course, it is feasible for people to change and grow from significantly less than ideal starts, just perhaps more difficult. Fourth, perhaps remarkably for a psychoanalyst, he consistently obscures or ignores the significance of sex in the pleasure and well-getting of his subjects. Both men and women can advantage, but obviously men will derive more. Third, Vaillant makes a lot of his treatment of mature adult defenses, but he lacks the evidence to provide full-blown psychological analyses, however skillful he is as a narrator. A significant read for those raising boys At first I thought this is a study 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 lifestyle for males. That said, there are some significant shortcomings to the publication. Longevity is my passion. Second, there is a certain chicken-and-egg quality that creeps into the analysis in lots of places. For instance, Vaillant treats visits to a psychiatrist as indicators of poor mental health, but really couldn't it be the other way around? He abundantly proves the worthiness of longitudinal studies. Thus there is a surface quality to much of his profiling. Very Good Book Great Read There is a large amount of good information here There is a large amount of good information here, but the book reads like a textbook and is poorly organized (for example, the thoughts are mixed up) so it makes it difficult another to a specific conclusion. Into the Weeds and Found Little useful This book was a disappointment. It would be an excellent book for someone who works in the field of behavioral science who needs to know the details of the study, but was as well deep in the weeds for my curiosity. After slogging through quite a number of webpages and finding no nuggets I quit. As I was putting it away I considered the conclusion only to be disappointed that it had so little to offer. On web page 41 Professor Villant lists ten predictors of flourishing in old age, what he phone calls the "Decathlon of Flourishing. It produced me curious to discover what certain science (DNA, epigenetics) can do for studies of the social sciences in the future. If you want allot of background bio's this is actually the book ... Way to much details on the researchers and not enough on the subject's study. I came back it for another reserve. Just how many studies can do that? Five Stars Item as described, very prompt delivery, highly satisfied Excellent Review of the Harvard Grant Study and Conclusions I pay attention to the audio within my commute to function. Mr. I cannot help wonder if enough time thinking about this was even more fruitful or the data in and of itself, but of course the answer is normally both. I would suggest this book to whoever has pondered how to live content, fulfilling life after retirement.



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