

Aging Well Guideposts To A Happier Life

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The full title of this book is "Aging well: Surprising Guideposts to a Happier Life". But to me the "guideposts" don't seem surprising, and mostly can't be used as "guideposts", since most of them are outside the individual's control. Don't smoke Don't drink much alcohol Be emotionally mature Be happily married Have a BMI between 21 - 29

Amazon.com: Aging Well: Surprising Guideposts to a Happier ...

Aging Well: Surprising Guideposts to a Happier Life from the Landmark Study of Adult Development. by. George E. Vaillant. 3.91 · Rating details · 410 ratings · 61 reviews. In an unprecedented series of

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The surprising conclusion is that individual lifestyle choices play a greater role than genetics, wealth, race, or other factors in determining how happy people are later in life. Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development (9780316090070) by George E. Vaillant

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Aging well: it can be done. Dr. Vaillant suggests that successful aging means giving to others joyously whenever one is able; receiving from others, gratefully, whenever one needs it; and being capable of personal development in between. To accomplish this, one must employ the social model of developmental stages and the emotional model of adaptational mechanisms of defense.

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Aging Well: Surprising Guideposts to a Happier Life From the Landmark Harvard Study of Adult Development, by George Vaillant, M.D. Boston, Little, Brown and Company, 2002, 373 pp., \$24.95; \$14.95 (paper). Aging well: it can be done. Dr. Vaillant suggests that successful aging means giving to others joyously whenever one is

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Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development casts a spotlight on the behaviors that make for happy longevity and those that result in illness and early death. The conclusions in the book are based on a study of behavior that began

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with Harvard sophomores in 1938 and is the oldest, most thorough study of aging ever undertaken.

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Surprising guideposts to a happier life from the landmark Harvard Study of Adult Development. Synopsis. In an epic series of studies, Harvard University has followed 824 subjects from their teens to old age. Professor George Vaillant now uses these unique studies - the most complete ever conducted anywhere in the world - to illustrate the surprising factors involved in reaching happy, healthy old age.

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on Aging. No one understands the challenges of caregiving better than someone who has had first-hand experience. If you have been the family caregiver to a spouse, life partner, sibling or parent, you're no doubt well acquainted with the multiplicity of roles and the many demands that are required ...

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