

[PDF] The Longevity Project: Surprising Discoveries For Health And Long Life From The Landmark Eight Decade Study

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Description:

From Publishers Weekly In this illuminating addition to the burgeoning bookshelf on longevity, UC-Riverside health researchers Friedman and Martin draw on an eight-decade-long Stanford University study of 1,500 people to find surprising lessons about who lives a long, healthy life and why. The authors learned, for example, that people don't die simply from working long hours or from stress, that marriage is no golden ticket to old age, and the happy-all-the-time types may peter out before the serious plodders. If there's a secret to old age, the authors find, it's living conscientiously

and bringing forethought, planning, and perseverance to one's professional and personal life. Individual life stories show how different people find the right balance in different ways, depending on their personalities and social situations. Lively despite the huge volume of material from 80 years of study, and packed with eye-opening self-assessment tests, this book says there's no magic pill, but does offer a generous dose of hope: even if life deals you a less than perfect hand, you're not doomed to an early demise if you live with purpose and make connections with the people around you. (Mar.) (c) Copyright PWxyz, LLC. All rights reserved.

Review "How best to ensure a long life? In *The Longevity Project*, the authors, university professors, explain why many common beliefs are 'ill-advised or simply wrong.' **An absorbing and invaluable read.**"--THE WALL STREET JOURNAL

In this illuminating addition to the burgeoning bookshelf on longevity, Friedman and Martin draw on an 8-decade-long study of 1,500 people to find surprising lessons about who lives a long, healthy life and why. Lively despite the huge volume of material from 80 years of study, packed with eye-opening self-assessment tests, this book says there's no magic pill, but does offer a generous dose of hope: if life deals you a less than perfect hand, you're not doomed to an early demise if you live with purpose and make connections with the people around you.-- PUBLISHERS WEEKLY

"*The Longevity Project* uses one of the most famous studies in psychology to answer the question of who lives longest--and why. The answers will surprise you. This is an important--and **deeply fascinating**--book." -MALCOLM GLADWELL

"A compelling and objective assessment of character traits associated with longevity. Only a handful of studies in this field last long enough to give meaningful results, and even fewer remain significant after their primary investigators have passed away. Friedman and Martin have resurrected a remarkable achievement with surprising conclusions. **I learned a lot from this book.**" -ANDREW WEIL, MD

"Eighty years along, this longevity study still has ground to cover...written for the general reader, and full of self-assessment questionnaires, structured cleverly so the correct answers are not obvious... I, too, would recommend you read the book. " THE NEW YORK TIMES

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