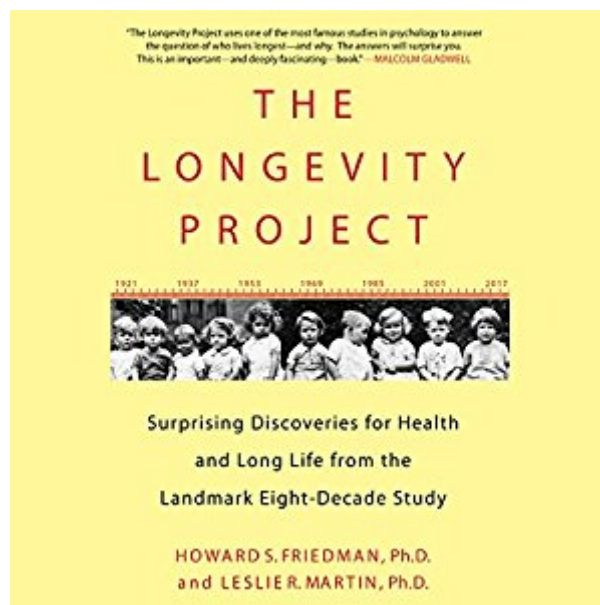




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# The Longevity Project: Surprising Discoveries For Health And Long Life From The Landmark Eight-Decade Study



## Synopsis

For years we have been told to make lists and obsessively monitor when we're angry, what we eat, how much we worry, and how often we go to the gym. So why isn't everyone healthy? Now based on the most extensive study of long life ever conducted The Longevity Project reveals what really matters across the long run-the personality traits, relationships, experiences, and career paths that naturally keep you vital. Gathering key new information and using modern research methods to study 1,500 Californians across eight decades, health scientists Dr. Howard S. Friedman and Dr. Leslie R. Martin bust many old dead-end myths. For instance, People do not die from working long hours at a challenging job-many who worked hardest lived the longest Getting and staying married is not the magic ticket to long life, especially if you're a woman It's not the happy-go-lucky who thrive-it's the prudent and persistent who flourish through the years. See why. With self-tests that illuminate your own best paths to longer life, and a deeper scientific understanding than we have seen before of the true causes of long-term health, this audio book will change the conversation about what it really takes to optimize your chances for a long, healthy life.

## Book Information

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## Customer Reviews

This is an interesting read aimed at the average person. It's based on the long-term study of 1500 or so middle-class Americans and the conclusions the authors drew from this study about what characteristics lead to, or at least were present in, those folks who lived the longest. They try to debunk a few probably widely held ideas, e.g. that happy go lucky people necessarily live the

longest. As some have pointed out, the authors can be imprecise, e.g. "lots" of folks showed this behavior. Well, what's lots? On the other hand it's not a scientific report. Maybe we don't need to know that 49.8% of the people did or did not do this. But I only gave the book four stars because in quite a few cases I wanted to know a little more about how they drew their conclusions. Once you think you have the answer it's tempting to look for that answer in further data and it seemed like they did that. So I would have liked a little more rigor in the analysis. But I'd buy the book again and would recommend it. Too many books on longevity focus on lists of stuff to do or not do. Or they are heavily pitched toward diet or perhaps exercise and not other issues like social networks. There are a lot of topics discussed here. And they ARE discussed. They don't just SAY it's better to be happily married, they actually discuss it. And why and why it isn't necessarily so.

Interesting study but I'm not sure if people will be able to apply any of it specifically to their own situation since health and living a long time is such a complex thing and varies so much from person to person.

While the information is interesting--it was not as educational as I had expected. Possibly, I was expecting the wrong thing from this book.

Take the opportunity to surround yourself with positive perspectives. This is a great start. Read, learn and be happy

If you want to live a long life than read this!

Purchased for a college class that I thoroughly enjoyed. Good read.

5 stars because this is an excellent study of aging and long-life that presents information in an easy to understand manner. The content is designed to present information relating to health and aging, particularly the things one can do to live a longer and healthier life.

it is a good read, and full of important information We are the products of how we live and we can change our lives, with information this is an excellent book for anyone interested in maintaining health and happiness, over the years

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