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(PDF) AGING WELL: SURPRISING GUIDEPOSTS TO A HAPPIER LIFE

Aging well : surprising guideposts to a happier life from the landmark Harvard study of adult development. [George E Vaillant] -- Argues "that individual lifestyle choices play a greater role than genetics, wealth, race, or other factors in determining how happy people are in later life"--Back cover.

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The findings from Aging Well are based on a longitudinal study of the lives of three different groups of elderly men and women. One group is 268 male Harvard University sophomores selected between 1939 and 1942, most of who continued to participate in this study for nearly 60 years (or until their death).

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Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development [George E. Vaillant MD] on Amazon.com. \*FREE\* shipping on qualifying offers. In a unique series of studies, Harvard University has followed 824 subjects from their teens to old age.

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AGING WELL: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development. Vaillant ( The Natural History of Alcoholism ), a psychiatrist and professor

at the Harvard Medical School, brings a nuanced point of view and an acceptance of the project's limitations.

Aging well : guideposts to a happier life (Book, 2003 ...

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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