

AGING WELL: SURPRISING GUIDEPOSTS TO A HAPPIER LIFE FROM THE LANDMARK HARVARD STUDY OF ADULT DEVELOPMENT



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Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development

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Peek Inside the Book

To the same question a 78-year-old Study member replied, All the many plans for the day. I love life and all I do. I love the out of doors. It is a joy to be alive and living with my best friend. He was referring to his wife of fifty years with whom his sex life was still very satisfying. George E. Vaillant, Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development...

Contrary to all expectations, I seem to grow happier as I grow older. I think that America has been sold on the theory that youth is marvelous but old age is a terror. On the contrary, it's taken me sixty years to learn how to live reasonably well, to do my work and cope with my inadequacies. For me youth was a woeful timesick parents, war, relative poverty, the miseries of learning a profession, a mistake of a marriage, self-doubts, booze...

Reader's Opinions

Stories are usually interesting and Vaillant's work is replete with vignettes of ~800 individuals who took part in three landmark studies on aging representing men from privileged backgrounds, men from socially disadvantaged backgrounds and women from middle-class families who were intellectually gifted. What happened to them after...