

The Longevity Project: Surprising discoveries for health and long life from the landmark eight-decade study



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Reviews

The best book i ever study. I could possibly comprehended every little thing out of this composed e ebook. I discovered this book from my dad and i advised this pdf to discover.

(Ernie Lebsack)

THE LONGEVITY PROJECT: SURPRISING DISCOVERIES FOR HEALTH AND LONG LIFE FROM THE LANDMARK EIGHT-DECADE STUDY


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Scribe Publications, 2011. Paperback. Book Condition: New. 1. 12.9 x 19.8 cm. We have been told that the key to longevity involves obsessing over what we eat, how much we stress, and how fast we run. Based on the most extensive study of longevity ever conducted, The Longevity Project exposes what really has an impact on our lifespan ? including friends, family, personality, and work. By gathering new information and studying participants across eight decades, Dr Howard Friedman and Dr Leslie Martin bust myths about achieving health and long life. For example, people do not die from working long hours ? many who worked the hardest lived the longest. Getting and staying married is not the ticket for living to 100, especially for women. And it's not the happy-go-lucky who thrive ? it's the persistent and responsible who flourish through the years. With questionnaires that help you to determine where you are heading on the longevity spectrum and advice about how to stay healthy, this book changes the conversation about living a long, healthy life. 'Chock-full of compelling, well-substantiated evidence that is both counter-intuitive and immediately beneficial to readers. This wise, warm book will delight and inform readers of all ages.' CAROL TAVRIS, PhD, co-author of *Mistakes Were Made (But Not by Me)* 'Anyone interested in living a longer healthier life ought to read this terrific book.' ELIZABETH LOFTUS, PhD, co-author of *The Myth of Repressed Memory*. Paperback.

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