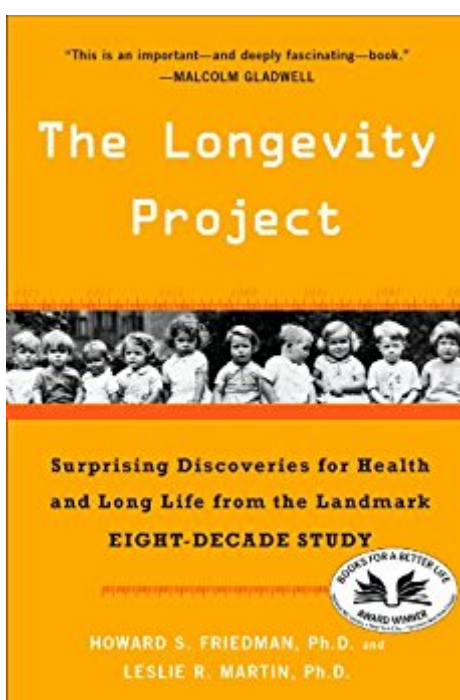


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The Longevity Project: Surprising Discoveries For Health And Long Life From The Landmark Eight-Decade Study



Synopsis

Watch a video Watch a Fox News segment on The Longevity Project. This landmark study--which Dr. Andrew Weil calls "a remarkable achievement with surprising conclusions"--upends the advice we have been told about how to live to a healthy old age. 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 impacts our lifespan--including friends, family, personality, and work. Gathering new information and using modern statistics to study 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 at a challenging job--many who worked the hardest lived the longest. Getting and staying married is not the magic ticket to long life, especially if you're a woman. And it's not the happy-go-lucky ones who thrive--it's the prudent and persistent who flourish through the years. With questionnaires that help you 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.

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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