

HEALTH / PSYCHOLOGY

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Think diet and exercise are the keys to a long, healthy life? Think again.

"This groundbreaking book is a perfect place to begin exploring how best to grow old." —NATURAL HEALTH

What can you do to increase the likelihood of living a happy, healthy, fulfilling life into your seventies, eighties, and beyond?

For more than five decades Harvard Medical School has studied the basic elements of adult human development, analyzing the health and happiness of hundreds of individuals from a wide variety of backgrounds. In *Aging Well*, George E. Vaillant, M.D., the director of the study, draws on the data gathered and reveals for the first time why some people turn out to be more resilient than others. His surprising conclusion is that individual lifestyle choices play a greater role than genetics, wealth, race, or other factors in determining how happy people are in later life.

Among the topics Dr. Vaillant explores:

- The importance of marriage and the impact of divorce
- The role of play and creative activity
- The effects of tobacco, alcohol, and other mind elevators
- The benefits of forming new friendships and new social networks
- The importance of intellectual curiosity and lifelong learning

With its step-by-step advice and its revelation of scientific secrets, this inspiring book can help you—whether you are thirty-five or sixty-five—ensure that your golden years are truly golden.

"One of Vaillant's hopeful creeds: the past often predicts but never determines our old age. . . . Just as Benjamin Spock taught millions of mothers to anticipate child development and to understand what could be changed and what had to be accepted, Vaillant's book does the same for the later stages of life." —KENNETH SHOULDER, BOOKPAGE

"The lessons to be learned in this artfully written book are not just for the elderly." —PSYCHOLOGY TODAY



GEORGE E. VAILLANT, M.D., director of the Harvard Study of Adult Development, is a widely respected researcher, a psychiatrist at Brigham and Women's Hospital in Boston, and a professor at Harvard Medical School. He is also the author of several other books, including *Adaptation to Life*, *Wonders of the Ape*, and *The Natural History of Alcoholism*.



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



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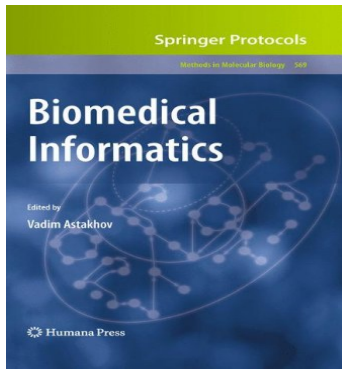
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In a unique series of studies, Harvard University has followed 824 subjects from their teens to old age. Professor George Vaillant now uses these to illustrate the surprising factors involved in reaching happy, healthy old age.



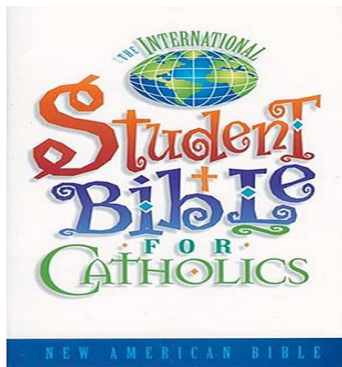
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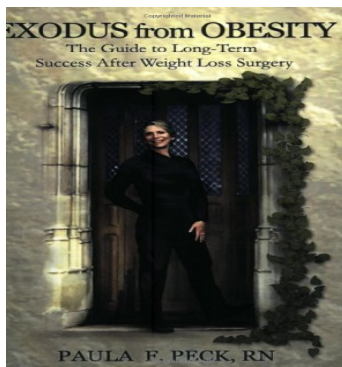
Biomedical Informatics (Methods in Molecular Biology)

In past decades, the area of bioinformatics has proved to be both dynamic and vital, producing a wide spectrum of novel approaches and assuming an increasingly important role in modern biotechnological development. In Biomedical Informatics, expert researchers explore cutting-edge new advances in



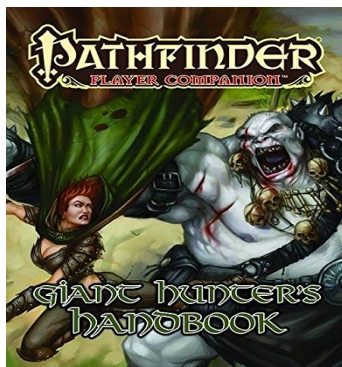
The International Student Bible For Catholics Where Straight Answers Are Standard Procedure

Bring your biggest, toughest questions to this straight-shooting Bible, and join a whole bunch of other teens and college students. Hundreds of study notes and dozens of timely articles help to keep smart Christian living within reach any time.



Exodus from Obesity: 2nd Edition

In Exodus From Obesity, Paula F. Peck provides the information, encouragement and guidelines for maintaining long-term success after weight loss surgery. Ms. Peck interweaves intelligent discussion with humorous stories about herself and individuals that have faced diet after diet and ultimately ch



Pathfinder Player Companion: Giant Hunter's Handbook

The bigger they are, the harder they fall! With Pathfinder Player Companion: Giant Hunter's Handbook, you'll be felling titans, confounding ettins, and burying hill giants by the ton. Empower your adventurer with all-new goliath-slaying feats, spells, magic items, traits, and character options whi

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What others say about this ebook:

Review 1:

I am slowly reading this book; savoring it. There is so much information to take in and use or think about. It is not a difficult read, just one that helps you understand the image in the mirror. Read it; learn from it; enjoy it.

Review 2:

This 70+ year study of people, men and women, from all walks of life is a one of a kind look at what really matters in life. By studying people at various stages of their lives up until they reached their 80's or older they were able to compare data on what truly makes for a happy life, and a content and fulfilled senior life. It was a real eye-opener for me, and also a reassurance that I am mostly on the right track, and a good warning on those things I should avoid, or still need to do. I read this book from the public library using the Overdrive app.

Review 3:

Great read. Unique study lends credence to the results.

Review 4:

Enjoying the book until Susan Wellcome was asked for her definition of successful aging for women -- she said, "What I don't care for is someone who wears eye shadow. They aren't fooling anybody." What on earth does wearing eye makeup have to do with "aging well?" Is she still in the women's lib stage -- we passed that long ago. I have worn eye makeup since I was 18 -- approximately 51 years ago. I never knew that it meant I was not "aging well." Neither did owning a successful mortgage business for 40 years -- I was one who "Broke All the Rules." I did it without a college education. Just because she graduated from Harvard does not make her have any common sense. When I tell people I am turning 70 in March, they all do a double take and do not believe me. It is not the makeup you wear that makes this happen (maybe it is) -- but your smile, energy, compassion, taking care of yourself (devoted exerciser), and loving life. Susan, use some eye makeup.

Review 5:

Thumbs up!

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