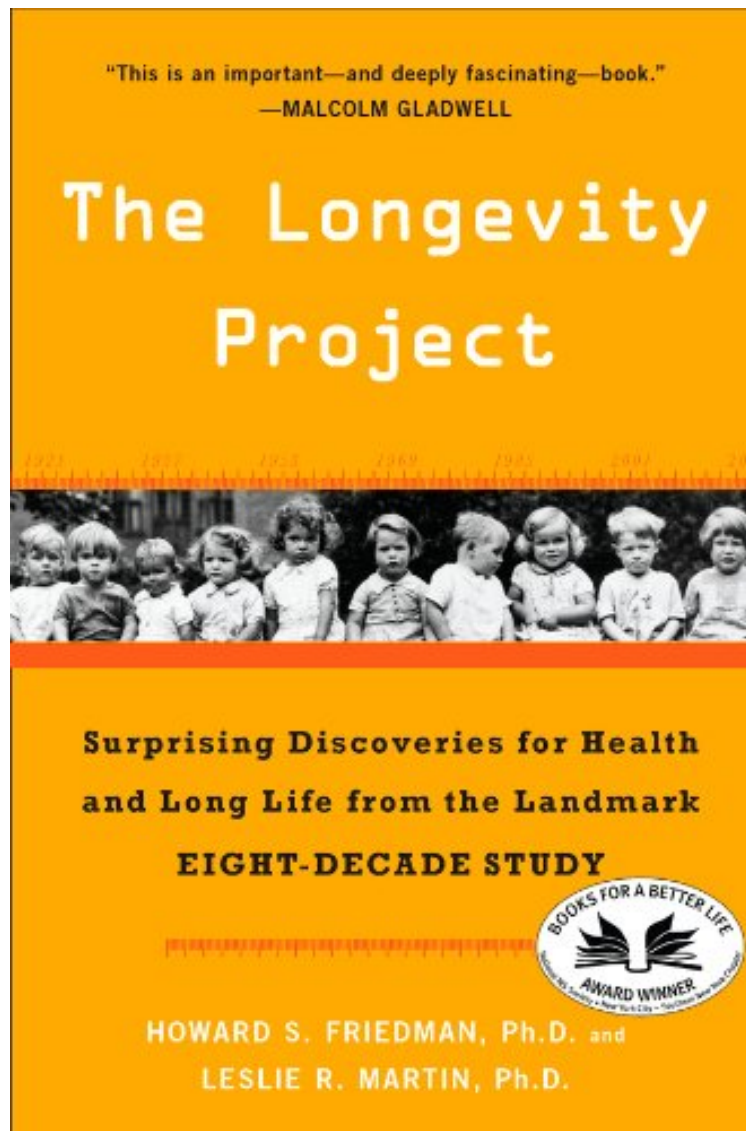


(Read now) The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study

The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study

Von Howard S. Friedman Ph.D., Leslie R. Martin Ph.D.
DOC | *audiobook | ebooks | Download PDF | ePub



DOWNLOAD



+

READ ONLINE

Produktinformation -Verkaufsrank: #570665 in eBooksVerffentlicht am: 2011-03-03Erscheinungsdatum:
2011-03-03File Name: B004IYIUZ6 | File size: 43.Mb

Von Howard S. Friedman Ph.D., Leslie R. Martin Ph.D. : The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study before purchasing it in order to gage whether or not it would be worth my time, and all praised The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study:

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. Sehr interessant - sehr erhellendVon Tiny WingsDie beiden Autoren haben über 20 Jahre lang Daten wissenschaftlich ausgewertet, die in einem einmaligen Projekt gesammelt wurden, bei dem das Leben von 1528 Personen detailliert aufgezeichnet wurde. - Einige der Personen starben früh, andere wurden sehr alt. Was sind die Gründe dafür? Lassen sich Ursachen für das unterschiedliche Lebensalter z.B. in den Lebensumständen, den Charaktereigenschaften oder dem beruflichen Erfolg der Personen finden?Die beiden Autoren fassen ihre wissenschaftlichen Ergebnisse in diesem populärwissenschaftlichen Buch zusammen. Es wendet sich an den durchschnittlichen Bürger mit guter Bildung. Das Buch liest sich sehr gut. Die Ergebnisse werden wissenschaftlich korrekt dargestellt, dabei aber immer unterhaltsam und flüssig zu lesen. Einzelne Aspekte (Glück, Geschlecht, Erfolg, Religiosität, etc) werden in handlichen Kapiteln abgehandelt. Highlight: am Ende jedes Kapitels wird gefragt "What it means for you: Guideposts to health and long life". Hier werden kurze Hinweise gegeben, was die Ergebnisse für den Einzelnen bedeuten können. Dabei geht es gerade nicht um eine weitere "To do and not to do" Liste, sondern das wesentliche Ergebnis der Studie ist, dass ein langes Leben Produkt einer bestimmten Lebenseinstellung ist. Aber lesen Sie selbst - es lohnt sich.

Kurzbeschreibung 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"--updates 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.PressestimmenThe Longevity Project uses one of the most famous studies in psychology to answer the question of who lives longest - and why. The answers will surprise you. This is an important - and - deeply fascinating book. -- Malcolm Gladwell Want to live longer? You've probably heard the common advice (don't work so hard, think positive thoughts, eat your broccoli, etc.) As the fascinating analysis in The Longevity Project shows, much of this advice is wrong. Based on one of the longest-running longitudinal studies ever conducted, The Longevity Project describes, in its lively and accessible pages, the personality traits most common to those who lived long lives - and how to shape them in yourself. It's a great read for anyone interested in the burgeoning research on psychology and health. -- Jean M. Twenge, author of Generation Me A compelling and objective assessment of character traits associated with longevity. Only a handful of studies in this field last long enough to give meaningful results, and even fewer remain significant after their primary investigators have passed away. Friedman and Martin have resurrected a remarkable achievement with surprising conclusions. I learned a lot from this book. -- Andrew Weil, M.D. Incredibly, no one until now has chronicled and interpreted the findings from the monumental almost century-long longevity project for the general public. Is living a long life associated with being married, daily jogs, having a pet, or faith in God? At last, with lucid prose and rigorous yet crystal clear analysis, Professor Friedman and Professor Martin have succeeded beautifully. -- Sonja Lyubomirsky, Ph. D., professor of psychology at the University of California/Riverside, and author of The How of Happiness: A Scientific Approach to Getting the Life You Want The surprises in this fascinating book begin in the introduction and don't let up. I found it chock full of compelling, well substantiated evidence that is both counter-intuitive and immediately beneficial to readers. The Longevity Project is scholarly without being jargon-y and clear without sacrificing data, as the authors explain eloquently not only what we know about the keys to longevity but how we know it-and how readers can test themselves as they go along. This wise, warm book will delight and inform readers of all ages. -- Carol Tavris, Ph.D., coauthor of Mistakes Were Made (But Not By Me) The Longevity Project is about why some people thrive well into old age while other people become ill and die young. Psychologists Friedman and Martin go beyond the usual suggestions that it has to do with eating vegetables, avoiding stress, being happy, and exercising. They show how important it is to be persistent, responsible and conscientious. And they tell us why. Anyone interested in living a longer and healthier life ought to read this terrific book. -- Elizabeth Loftus, Ph.D., Distinguished Professor, University of California/Irvine, and author of The Myth of Repressed Memory From this report of the results of a one-of-a-kind study of human development from birth to death over the course of nearly 100 years (from 1910 to the present) we learn that much of what we "knew" to predict longevity was wrong. The content of this book will prove fascinating, not only to social, behavioral, and clinical scientists and practitioners and their students, but to the general reading public as well. The writing is crystal clear as it compels us to go on reading because we know that there will be an illuminating vignette as an example, or

another fascinating finding, just around the corner, on the next page. -- Robert Rosenthal, Distinguished Professor of Psychology, University of California, Riverside and Edgar Pierce Professor of Psychology, Emeritus, Harvard University

Kurzbeschreibung 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.