

# The Longevity Project Surprising Discoveries For Health And Long Life From Landmark Eight Decade Study Howard S Friedman

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## HART SHYANN

Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study Penguin  
Students hear the voices of important theorists in their own words with introductions providing context and critical thinking questions to improve understanding. The nine key theoretical perspectives spanning over 100 years of important contributions to the field. & Courses in Personality and/or Personality Theories

### Classic Theories and Modern Research Penguin

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"--depends 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.

### Readings in Personality Allyn & Bacon

A revolutionary look at diet, nutrition, fitness, and longevity praised by Malcolm Gladwell and Oprah Magazine. "An extraordinary eighty-year study has led to some unexpected discoveries about long

life." -O, The Oprah Magazine For years we have been told to obsessively monitor when we're angry, what we eat, how much we worry, and how often we go to the gym. So why isn't everyone healthy? Drawing from the most extensive study of long life ever conducted, The Longevity Project busts many long-held myths, revealing how: • Many of those who worked the hardest actually lived the longest • Getting married is not a magic ticket to good health • It's not the happy-go-lucky who thrive--it's the prudent and persistent With self-tests that illuminate your own best paths to longer life, this book changes the conversation about what it really takes to achieve a long, healthy life.

*The Body Toxic* Macmillan

A full-length report on the landmark study featured in The Tipping Point challenges popular beliefs to identify the factors that actually influence the human lifespan, drawing on modern statistics to cite the benefits of such examples as singlehood and hard work.

### The Longevity Project University of Chicago Press

The Disorders is a derivative volume of articles pulled from the award-winning Encyclopedia of Mental Health, providing A-to-Z coverage of the many disorders afflicting mental health patients, including alcohol problems, Alzheimer's disease, depression, epilepsy, gambling, obsessive-compulsive disorder, phobias, and suicide. According to 1990 estimates, mental disorders represent five of the ten leading causes of disability.\* Among "developed" nations, including the United States, major depression is the leading cause of disability. Also near the top of these rankings are bipolar depression, alcohol dependence, schizophrenia, and obsessive-compulsive disorder. In addition, mental disorders are tragic contributors to mortality, with suicide perennially representing one of the leading preventable causes of death worldwide. The Disorders presents a comprehensive overview of the disorders afflicting mental health patients. It describes the impact of mental health on the individual and society and illustrates the factors that aid positive mental health. Thirty-five peer-reviewed articles written by more than 50 expert authors include essential material on specific disorders affecting modern society. Professionals and libraries will find this timely work indispensable.

What Else Health Care Can Learn from Aviation Teamwork and Safety Grand Central Life & Style

In an unprecedented series of studies, Harvard Medical School has followed 824 subjects -- men and women, some rich, some poor -- from their teens to old age. Harvard's George Vaillant now uses these studies -- the most complete ever done anywhere in the world -- and the subjects' individual histories to illustrate the factors involved in reaching a happy, healthy old age. He explains precisely why some people turn out to be more resilient than others, the complicated effects of marriage and divorce, negative personality changes, and how to live a more fulfilling, satisfying and rewarding life in the later years. He shows why a person's background has less to do with their eventual happiness than the specific lifestyle choices they make. And he offers step-by-step advice about how each of us can change our lifestyles and age successfully. Sure to be debated on talk shows and in living rooms, Vaillant's definitive and inspiring book is the new classic account of how we live and how we can live better. It will receive massive media attention, and with good reason: we have never seen anything like it, and what it has to tell us will make all the difference in the world.

**Grain Brain** Yale University Press

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

*An Insider's Guide to the Breakthroughs that Will Dramatically Extend Our Lifespan . . . and What You Can Do Right Now* SAGE

"A work of inspiration and pragmatism" offering heartening advice on navigating the later years of life for aging individuals and their families (Gary J. Kennedy, M.D., Professor and Director of Geriatric Psychiatry, Montefiore Medical Center, Albert Einstein College of Medicine). For anyone who is approaching a 65th birthday with trepidation, Dr. Eric Pfeiffer, who for thirty years has cared for—and learned from—elderly people, addresses with compassion and deep understanding the multitude of issues that arise. He writes authoritatively but in a conversational tone. His advice is easy to read, easy to follow, and full of wisdom. In short, practical chapters, Dr. Pfeiffer advises on choosing an ideal place to live, finding a range of satisfying activities, and maintaining an active social life. He also explains how best to maintain one's health, mental health, wealth, and independence. Other chapters explore the importance of a spiritual life and the value of maintaining an active sexual life. In addition, the author speaks to the value of charitable giving and describes how it is possible to prepare for a good good-bye to life. Filled with illustrative anecdotes and enhanced with a lovely selection of poems, this reassuring book demonstrates how it is possible to direct and control the aging experience. For every person approaching retirement years, and for their friends and families, the book is an excellent resource and a practical guide. "A highly readable, thoughtful book that contains many important facts and much wisdom."—Myron Weiner, M.D., University of Texas Southwestern Medical School "A valuable addition to the existing literature, and I would recommend it to friends, patients, and their families."—Richard Marottoli, M.D., Dorothy Adler Geriatric Assessment Center at Yale-New Haven Hospital

**Health Psychology** Harvard University Press

People have searched for the fountain of youth everywhere from Bimini to St. Augustine. But for a steadfast group of scientists, the secret to a long life lies elsewhere: in the lowly lab worm. By

suppressing the function of just a few key genes, these scientists were able to lengthen worms' lifespans up to tenfold, while also controlling the onset of many of the physical problems that beset old age. As the global population ages, the potential impact of this discovery on society is vast—as is the potential for profit. With *The Longevity Seekers*, science writer Ted Anton takes readers inside this tale that began with worms and branched out to snare innovative minds from California to Crete, investments from big biotech, and endorsements from TV personalities like Oprah and Dr. Oz. Some of the research was remarkable, such as the discovery of an enzyme in humans that stops cells from aging. And some, like an oft-cited study touting the compound resveratrol, found in red wine—proved highly controversial, igniting a science war over truth, credit, and potential profit. As the pace of discovery accelerated, so too did powerful personal rivalries and public fascination, driven by the hope that a longer, healthier life was right around the corner. Anton has spent years interviewing and working with the scientists at the frontier of longevity science, and this book offers a behind-the-scenes look at the state-of-the-art research and the impact it might have on global public health, society, and even our friends and family. With spectacular science and an unforgettable cast of characters, *The Longevity Seekers* has all the elements of a great story and sheds light on discoveries that could fundamentally reshape human life.

**The Longevity Project** Penguin

*The Wisdom Paradox* explores the aging of the mind from a unique, positive perspective. In an era of increasing fears about mental deterioration, world-renowned neuropsychologist Elkhonon Goldberg provides startling new evidence that though the brain diminishes in some tasks as it ages, it gains in many ways. Most notably, it increases in what he terms "wisdom": the ability to draw upon knowledge and experience gained over a lifetime to make quick and effective decisions. Goldberg delves into the machinery of the mind, separating memory into two distinct types: singular (knowledge of a particular incident or fact) and generic (recognition of broader patterns). As the brain ages, the ability to use singular memory declines, but generic memory is unaffected—and its importance grows. As an individual accumulates generic memory, the brain can increasingly rely upon these stored patterns to solve problems effortlessly and instantaneously. Goldberg investigates the neurobiology of wisdom, and draws on historical examples of artists and leaders whose greatest achievements were realized late in life.

**Unlocking the Power of Sleep and Dreams** The Experiment

Includes bibliographical references and index.

*The Longevity Project* Little, Brown Spark

Wall Street Journal, USA Today, and Publishers Weekly bestseller The prospect of living to 200 years old isn't science fiction anymore. A leader in the emerging field of longevity offers his perspective on what cutting-edge breakthroughs are on the horizon, as well as the practical steps we can take now to live healthily to 100 and beyond. In *The Science and Technology of Growing Young*, industry investor and insider Sergey Young demystifies the longevity landscape, cutting through the hype and showing readers what they can do now to live better for longer, and offering a look into the exciting possibilities that await us. By viewing aging as a condition that can be cured, we can dramatically revolutionize the field of longevity and make it accessible for everyone. Join Sergey as he gathers insights from world-leading health entrepreneurs, scientists, doctors, and inventors,

providing a comprehensive look into the future of longevity in two horizons: • The Near Horizon of Longevity identifies the technological developments that will allow us to live to 150—some of which are already in use—from AI-based diagnostics to gene editing and organ regeneration. • The Far Horizon of Longevity offers a tour of the future of age reversal, and the exciting technologies that will allow us to live healthily to 200, from Internet of Bodies to digital avatars to AI-brain integration. In a bonus chapter, Sergey also showcases 10 longevity choices that we already know and can easily implement to live to 100, distilling the science behind diet, exercise, sleep, mental health, and our environments into attainable habits and lifestyle hacks that anyone can adopt to vastly improve their lives and workplaces. Combining practical advice with an incredible overview of the brave new world to come, *The Science and Technology of Growing Young* redefines what it means to be human and to grow young.

[The Longevity Code](#) Penguin

For centuries, adventurers and scientists have believed that not only could we delay death but that "practical immortality" was within our reach. Today, many well-respected researchers would be inclined to agree. In a book that is not about anti-aging, but about functional aging--extending your healthy, active life--Dr. Sanjay Gupta blends together compelling stories of the most up-to-date scientific breakthroughs from around the world, with cutting-edge research and advice on achieving practical immortality in this lifetime. Gupta's advice is often counterintuitive: longevity is not about eating well, but about eating less; nutritional supplements are a waste of your money; eating chocolate and drinking coffee can make you healthier. *CHASING LIFE* tells the stories behind the breakthroughs while also revealing the practical steps readers can take to help extend youth and life far longer than ever thought possible.

**Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer** *The Longevity Project* Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study

"Offers a useful reminder of the role of modern science in fundamentally transforming all of our lives." —President Barack Obama (on Twitter) "An important book." —Steven Pinker, *The New York Times* Book Review Now also a PBS documentary series: the surprising story of how humans gained what amounts to an extra life, from the bestselling author of *How We Got to Now* and *Where Good Ideas Come From* As a species we have doubled our life expectancy in just one hundred years. All the advances of modern life—the medical breakthroughs, the public health institutions, the rising standards of living—have given us each about twenty thousand extra days on average. There are few measures of human progress more astonishing than our increased longevity. This book is Steven Johnson's attempt to understand where that progress came from. How many of those extra twenty thousand days came from vaccines, or the decrease in famines, or seatbelts? What are the forces that now keep us alive longer? Behind each breakthrough lies an inspiring story of cooperative innovation, of brilliant thinkers bolstered by strong systems of public support and collaborative networks. But it is not enough simply to remind ourselves that progress is possible. How do we avoid decreases in life expectancy as our public health systems face unprecedented challenges? What current technologies or interventions that could reduce the impact of future crises are we somehow ignoring? A study in how meaningful change happens in society, *Extra Life* is an ode to the enduring

power of common goals and public resources. The most fundamental progress we have experienced over the past few centuries has not come from big corporations or start-ups. It has come, instead, from activists struggling for reform; from university-based and publicly funded scientists sharing their findings open-source-style; and from nonprofit agencies spreading new innovations around the world.

**Classic Theories and Modern Research** Little, Brown Spark

A guide that cuts through the haze of misinformation and delivers an insightful message to anyone living with or at risk from the following: cancer, diabetes, heart disease, obesity, Alzheimer's disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and opportunist scientists. Part medical thriller, part governmental exposé.

**The Extraordinary Rise and Surprising Appeal of Living Alone** One World

In this witty guide for seekers of all ages, Alford searches for instant enlightenment through conversations with those who have lived long and lived well.

[The Self-Healing Personality](#) SAGE Publications

With eye-opening statistics, original data, and vivid portraits of people who live alone, renowned sociologist Eric Klinenberg upends conventional wisdom to deliver the definitive take on how the rise of going solo is transforming the American experience. Klinenberg shows that most single dwellers—whether in their twenties or eighties—are deeply engaged in social and civic life. There's even evidence that people who live alone enjoy better mental health and have more environmentally sustainable lifestyles. Drawing on more than three hundred in-depth interviews, Klinenberg presents a revelatory examination of the most significant demographic shift since the baby boom and offers surprising insights on the benefits of this epochal change.

[Health Psychology](#) Basic Books

A leading proponent of a bold new approach to slowing aging details the fast-developing science of longevity—and the steps we can take—at any age—to live well for longer We all know that we age—but do you know exactly how, and why? And do you wonder what you can do—whatever your age—to slow the process so you can live well, for longer? This book comprehensively answers these questions. Medical doctor and polymath scientist Kris Verburgh illuminates the biological mechanisms that make our bodies susceptible to heart attacks, strokes, dementia, diabetes, and other aging-related diseases. We learn about the crucial role of poorly functioning mitochondria, shortened telomeres, proteins and carbohydrates, and more. Having explained the aging process at work, Dr. Verburgh then provides the tools we need to slow it down: his scientifically backed Longevity Staircase. This simple yet innovative step-by-step method offers better health and a longer life span through nutrition—currently our best defense in the fight against aging and disease. And with each passing day, advances in biotechnology—once the stuff of science fiction—are emerging as part of the "longevity code." Dr. Verburgh discusses how new types of vaccines, mitochondrial DNA, CRISPR proteins, and stem cells may help us slow and even reverse aging—now and in the future.

[Why We Sleep](#) Wiley Global Education

The internationally renowned, clinically tested, revolutionary diet program to lose weight, fight disease, and live a longer, healthier life. Can what you eat determine how long, and how well, you live? The clinically proven answer is yes, and The Longevity Diet is easier to follow than you'd think. The culmination of 25 years of research on aging, nutrition, and disease across the globe, this unique program lays out a simple solution to living to a healthy old age through nutrition. The key is combining the healthy everyday eating plan the book outlines, with the scientifically engineered fasting-mimicking diet, or FMD; the FMD, done just 3-4 times a year, does away with the misery and starvation most of us experience while fasting, allowing you to reap all the beneficial health effects of a restrictive diet, while avoiding negative stressors, like low energy and sleeplessness. Valter Longo, director of the Longevity Institute at USC and the Program on Longevity and Cancer at IFOM in Milan, designed the FMD after making a series of remarkable discoveries in mice, then in humans, indicating that specific diets can activate stem cells and promote regeneration and rejuvenation in multiple organs to significantly reduce risk for diabetes, cancer, Alzheimer's, and heart disease.

Longo's simple pescatarian daily eating plan and the periodic fasting-mimicking techniques can both yield impressive results. Low in proteins and sugars and rich in healthy fats and plant-based foods, The Longevity Diet is proven to help you: • Lose weight and reduce abdominal fat • Extend your healthy lifespan with simple everyday changes • Prevent age-related muscle and bone loss • Build your resistance to diabetes, cardiovascular disease, Alzheimer's and cancer Longo's healthy, life span-extending program is based on an easy-to-adopt pescatarian plan along with the fasting-mimicking diet no more than 4 times a year, just 5 days at a time. Including 30 easy recipes for an everyday diet based on Longo's five pillars of longevity, The Longevity Diet is the key to living a longer, healthier, more fulfilled life.

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Penguin

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