

Aging Well Guideposts To A Happier Life



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Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development casts a spotlight on the behaviors that make for happy longevity and those that result in illness and early death. The conclusions in the book are based on a study of behavior that began with Harvard sophomores in 1938 and is the oldest, most thorough study of aging ever undertaken.

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