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## **The Longevity Project Surprising Discoveries**

The Longevity Project:  
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Project". Released in March of 2011, this book tells of the "surprising discoveries for health and long life from the landmark eight-decade study" by Stanford psychologist Dr. Terman.

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Once again, we find  
ourselves stranded on  
an isolated island.

Yearnings to expand  
the knowledge of  
human life has brought  
us to this point, where  
one can analyze the  
entire existence of  
species.

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Friedman and Leslie R.  
Martin, a 1996 UCR  
alumna (Ph.D.) and  
staff researchers, have  
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**Secrets To  
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### **NPR Discoveries For**

The Longevity Project (2012) is about the impressive and revealing Terman Study, which followed a group of people for eight decades in order to find out what habits and practices helped them live long and healthy lives. These blinks explain why marriage might not be as healthy as you think, and what you

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can do to improve your  
chances of happiness  
and longevity.

**The Longevity  
Project by Howard S.  
Friedman, PhD, and**

...

Via The Longevity  
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Conscientiousness,  
which was the best  
predictor of longevity

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**What 10 key lessons  
can we learn about  
living the good ...**

Based on one of the longest-running longitudinal studies ever conducted, The Longevity Project describes, in its lively

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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.

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The Longevity Project  
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# Download Ebook The Longevity Project Surprising Discoveries For Health And Long Life From The Lanterns Eight Decade

is about why some people thrive well into old age while other people become ill and die young. 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.

**The Longevity**  
*Page 22/25*

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## **Project**

Details about The Longevity Project: "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?

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One of the most interesting books I read this year was The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study. They studied over 1000 people for the duration of their lives — from childhood until old age



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