



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

Howard S. Friedman, Leslie R. Martin

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**"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.

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