

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

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The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study Paperback - February 28, 2012 by Howard S. Friedman (Author)

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These are just a few of the myths dispelled in Drs. Howard Friedman and Leslie Martin's book, "The Longevity 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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The Longevity Project. Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study Howard S. Friedman and Leslie R. Martin

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## **Keys to long life? Not what you might expect -- ScienceDaily**

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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 — giving them regular physical and psychological tests and tracking the results.

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## **Download PDF / The Longevity Project: Surprising ...**

About The Longevity Project 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

## **The Longevity Project by Howard S. Friedman Ph.D., Leslie ...**

The Longevity Project: Surprising Discoveries For Health And Long Life From The Landmark Eight-Decade Study By Howard S. Friedman and Leslie R. Martin Hardcover, 272 pages Hudson Street Press

## **Secrets To Longevity: It's Not All About Broccoli : NPR**

Friedman and Leslie R. Martin, a 1996 UCR alumna (Ph.D.) and staff researchers, have published those findings in "The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study" (Hudson Street Press, March 2011).

## **UCR Newsroom: Keys to Long Life**

The Longevity Project 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 Project**

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 can do to improve your chances of happiness and longevity.

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

Here are some of the well-known participants who appear as examples in the new book, The Longevity Project. Shelley Smith Mydans—A True Adventurer! Shelley Smith Mydans seems to have done it all. She cultivated a successful marriage, raised children, and was an outstanding reporter. ... Back to: The Longevity Project: Surprising Discoveries ...

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