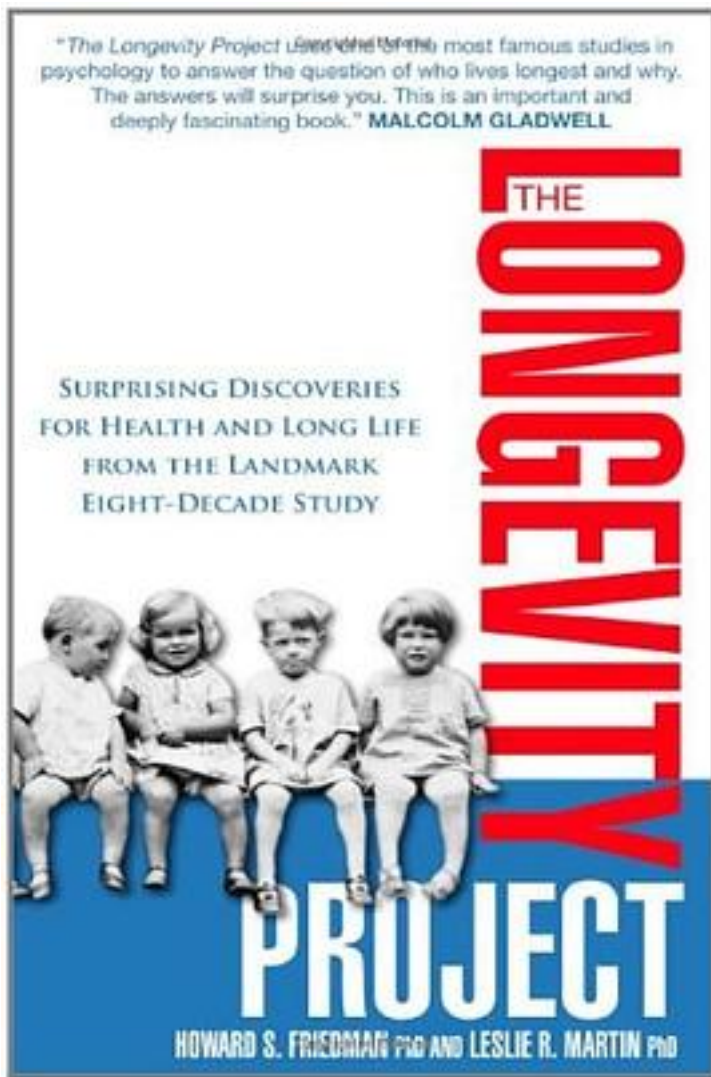


# The Longevity Project



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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.

作者介绍:

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## 标签

科学的长寿工程

长寿

生命

习惯

## 评论

看完了，虽然对寿命这么复杂的事儿，1500样本嫌少，但是时间跨度长，算是弥补。并且看起来像已发表论文的科普版，还算严谨。一定一定写个书评，而不是看两部转眼就忘的傻逼好莱坞大片。

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## 书评

忍着没看第二天就会忘掉的电影，记一下最近翻完的一本书：the longevity project  
如果把寿命看做因变量，那么预测寿命本质上就是确定影响因素并标定对应参数的过程。  
可是影响一个人能活多少年的因素太多了，既有生而有之的，又有后天习得的，既有相对确定的，又有完全随机的...

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