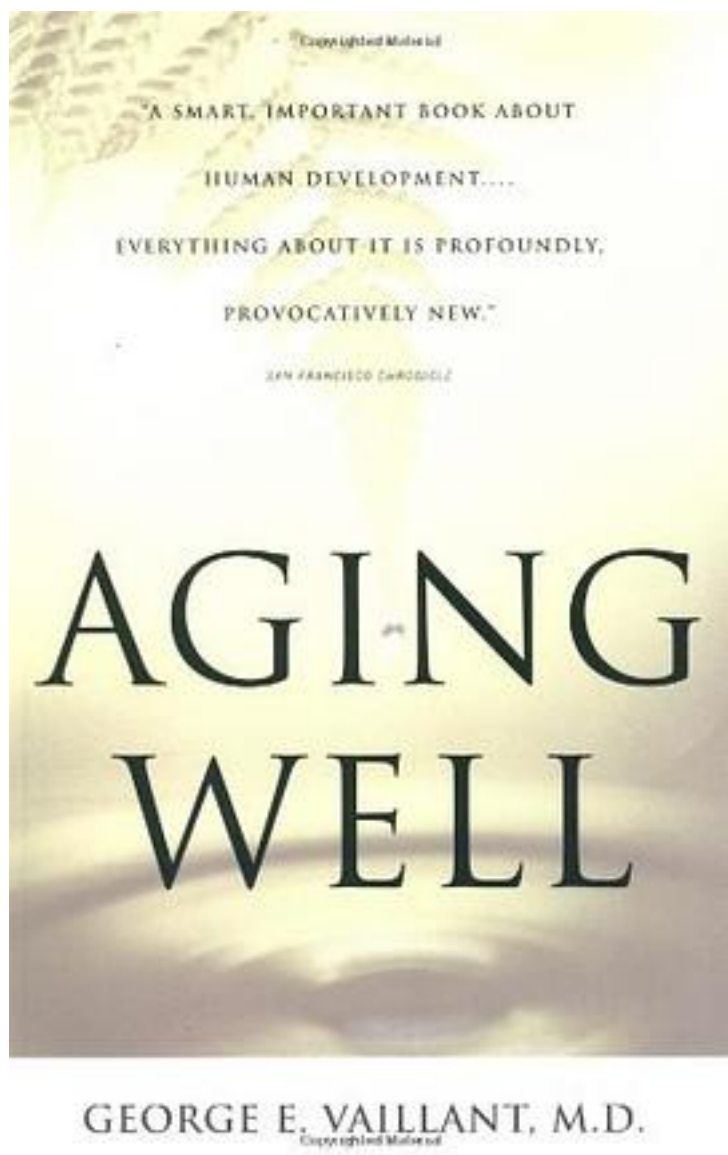


Aging Well



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著者:George E. Vaillant

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In an unprecedented series of studies, Harvard Medical School has followed 824 subjects-men and women, some rich, some poor- from their teens to old age. Harvard's George Vaillant now uses these studies, the most complete ever done anywhere in the world, and the subjects' individual histories to illustrate the factors involved in reaching a happy, healthy old age. He explains precisely why some people turn out to be more resilient than others, the complicated effects of marriage and divorce, negative personality changes, and how to live a more fulfilling, satisfying and rewarding life in the later years. He shows why a person's background has less to do with their eventual happiness than the specific lifestyle choices they make. And he offers step-by-step advice about how each of us can change our lifestyles and age successfully. Sure to be debated on talk shows and in living rooms, Vaillant's definitive and inspiring book is the new classic account of how we live and how we can live better.

作者介绍:

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评论

书里的内容大部分还是符合常识的。想要愉快的享受老年生活需要有健康的心里状态，足够的亲密关系，并且还有自己的爱好。就身体状况而言，自我感觉要比实际客观重要。最后，老年人并不见得比年轻人更信上帝，如果他们其他的爱好和亲密关系的话；他们往往通过宗教来慰藉心理上的创伤。一句话总结的话，就是一个人爱的能力/建立亲密关系的能力决定了这个人老年时候的幸福。

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书评

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