

***Aging Well Surprising Guideposts To A Happier Life From The
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Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development casts a spotlight on the behaviors that make for happy longevity and those that result in illness and early death.

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AGING WELL: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development. In all three studies, subjects were interviewed at regular intervals over time, a design that prevented observations from being skewed by the distortions of memory and allowed for analyses that distinguished effect from cause.

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Aging Well: Surprising Guideposts to a Happier Life From the Landmark Harvard Study of Adult Development, by George Vaillant, M.D. Boston, Little, Brown and Company, 2002, 373 pp., \$24.95; \$14.95 (paper). Aging well: it can be done. Dr. Vaillant suggests that successful aging means giving to others joyously whenever one is

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