

The Longevity Project: Summary of the Key Ideas - Original Book by Howard S. Friedman, Leslie R. Martin: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study

By Evolvo

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“The Longevity Project” irons out many common assumptions about health psychology. The key to living a long, healthy and happy life is much simpler than most people would have thought. The factor that matters the most is merely focusing on oneself; personality, mindset and conscience, and hence, to spend less time on futile issues.

Who should read this book:
• People who are interested in health studies.
• Those who wish to live long and in good health.
• Students studying health psychology.

In this summary:
Chapter 1: What matters most?
Chapter 2: Being meticulous
Chapter 3: Social behavior
Chapter 4: A cheerful life is a healthy life?
Chapter 5: Longer life means a healthier life
Chapter 6: Avoid always thinking the worst
Chapter 7: Neuroticism
Chapter 8: Long live exercise
Chapter 9: Religious living
Chapter 10: Final Summary
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