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Howard S. Friedman and Leslie R.
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Howard S. Friedman
“The Longevity Project uses one of the most famous studies in psychology to answer the question of who lives longest—and why. The answers will surprise you.

The Longevity Project

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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.

What can studying people from

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The Longevity Project, as the study became known, followed the children through their lives, collecting information that included family histories and relationships, teacher and parent ratings of personality, hobbies, pet ownership, job success, education levels, military service and numerous

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The Longevity Project (Hardcover)
Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study. By Howard S. Friedman, Leslie R. Martin. Hudson Street Press,

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Their book, "The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study," documents the findings of this study.

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told that the key to longevity involves
obsessing over what we eat, how much

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Martin, PhD The Longevity Project (2012)

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Terman Study, which followed a group of
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The results are revealed in *The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight Decade Study* by Howard S. Friedman. When the Terman subjects were young adults, they were tested for their “Chicken Little” qualities, that is, did they constantly think the sky was falling?

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predictor of longevity when measured in childhood, also turned out to be the best personality predictor of long life when measured in adulthood.

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For Health And Long Life From University of California, Riverside health researchers Howard Friedman and Leslie Martin analyzed data collected from an 80-year study of 1,500 people.

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female subjects to learn about aging and longevity. Her book, The Longevity

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Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study, details findings from her 20-year involvement with the study. The Longevity Project began when the boys and girls were around 10 years old and continued

Vol. 3, Issue 6 / June 2011 10 Myths

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The DSM-V entry on antisocial personality disorder indicates that sociopaths lack remorse, guilt or shame. RED FLAG #5. Staying eerily calm in scary or dangerous situations. A sociopath might not be anxious following a car accident, for instance, M.E. Thomas said. And experiments have

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shown that while normal people show fear when they see...
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Howard S. Friedman

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cohort. This project studies females and males across the life-span (since 1921) based on archival data first collected by Lewis Terman in the 1920's, and updated by Friedman to include death ...

Howard Friedman

'Leslie R. Martin, Ph.D - Co-Author of The Longevity Project: Surprising Discoveries

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