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Triumphs of Experience

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The Men

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At a time when many people around the world are living into their tenth decade, the longest longitudinal study of human development ever undertaken offers some welcome news for the new old age: our lives continue to evolve in our later years and often become more fulfilling than before. Begun in 1938, the Grant Study of Adult Development charted the physical and emotional health of over two hundred men, starting with their undergraduate days.

Triumphs of Experience: The Men of the Harvard Grant Study ...

Now George Vaillant follows the men into their 90s, documenting for the first time what it is like to flourish far beyond conventional retirement. Reporting on all aspects of male life - including relationships, politics and religion, coping strategies, and alcohol use - Triumphs of

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Harvard Grant Study. Experience shares a number of surprising findings. For example, the people who do well in old age did not necessarily do so well in midlife and vice versa.

Triumphs of Experience: The Men of the Harvard Grant Study ...

Triumphs of Experience summarizes much of the work of the Grant longitudinal study of Harvard male graduates from 1938 to 1942. This well written account can be understood, with much effort, by the lay reader, but it is a slog.

Triumphs of Experience - The Men of the Harvard Grant ...

Reporting on all aspects of male life, including relationships, politics and religion, coping strategies, and alcohol use (its abuse being by far the greatest disruptor of health and happiness for the study's subjects), Triumphs of Experience

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shares a number of surprising findings. For example, the people who do well in old age did not necessarily do so well in midlife, and vice versa.

Triumphs of Experience □ George E.

Vaillant | Harvard ...

Harvard University Press, Cambridge, Massachusetts and London England: 2015.

Softcover. Brand new book. At a time when many people around the world are living into their tenth decade, the longest longitudinal study of human development ever undertaken o...

Triumphs Of Experience: The Men Of The Harvard Grant Study ...

Triumphs of Experience deserves a place on the shelves not only of psychiatrists, psychologists, and other professionals, but also of lay care providers who strive to better understand their aging loved ones,

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and even themselves. With a scientist's eye for details, a therapist's compassion, and a raconteur's ability to draw readers into stories of his subjects, Vaillant has written a ...

Triumphs of Experience: The Men of the Harvard Grant Study ...

Triumphs of Experience: The Men of the Harvard Grant Study. By George E. Vaillant. Belknap Press/Harvard University Press, 480pp, £20.95. ISBN 9780674059825. Published 25 October 2012

Triumphs of Experience: The Men of the Harvard Grant Study ...

Triumphs of Experience is not only a history of how the Grant men adapted (or not) to life over 70-plus years, but of how author and science grew up alongside them. Yet what unifies Triumphs is the

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Harvard Grant Study by Bock, the study's founder: What factors meaningfully and reliably predict the good life? Vaillant's mission is to uncover the antecedents of flourishing.

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Triumphs Of Experience The Men Of The Harvard Grant Study ...

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Harvard Grant Study) to life over 70-plus years, but of how author and science grew up alongside them. Yet what unifies Triumphs is the same question posed originally by Bock, the study's founder: What factors meaningfully and reliably predict the good life?

Triumphs of Experience | George E. Vaillant | Harvard ...

Reporting on all aspects of male life, including relationships, politics and religion, coping strategies, and alcohol use (its abuse being by far the greatest disruptor of health and happiness for the study's subjects), Triumphs of Experience shares a number of surprising findings. For example, the people who do well in old age did not necessarily do so well in midlife, and vice versa.

Triumphs of Experience: The Men of the

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Triumphs of Experience: The Men of the
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- Andrew Stark, Wall Street Journal

Triumphs of Experience elegantly
summarizes the findings of this vast
longitudinal study, unique in the annals of
research [The] book analyzes how the men
fared over their late adulthood, and indeed
their entire lives. In it, Vaillant masterfully
chronicles how their life successes, or lack
thereof, correlate with the nature of their
childhoods, marriages, mental health,
physical health, substance abuse, and
attitudes.

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George E. Vaillant ...
George F. Vaillant was the director of the Harvard Grant Study for over two decades. His latest book, The Triumphs of Experience, presents the latest findings. I found it a fascinating read as it not only uncovers new insights, but also questions

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Harvard Grant Study
some of the conclusions reached at earlier stages of the study.

At a time when people are living into their tenth decade, the longest longitudinal study of human development ever undertaken offers welcome news for old age: our lives evolve in our later years and often become more fulfilling. Among the surprising findings: people who do well in old age did not necessarily do so well in midlife, and vice versa.

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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

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Harvard Grant Study. 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. It will receive massive media attention, and with good reason: we have never seen anything like it, and what it has to tell us will make all the difference in the world.

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Harvard Grant Study

Between 1939 and 1942, one of America's leading universities recruited 268 of its healthiest and most promising undergraduates to participate in a revolutionary new study of the human life cycle. George Vaillant, director of this study, took the measure of the Grant Study men. The result was the compelling, provocative classic, *Adaptation to Life*, which poses fundamental questions about the individual differences in confronting life's stresses.

In our current era of holy terror, passionate faith has come to seem like a present danger. Writers such as Richard Dawkins, Sam Harris, and Christopher Hitchens have been happy to throw the baby out with the bathwater and declare that the danger is in religion itself. God, Hitchens writes, is not great. But man, according to George E. Vaillant, M.D., is great. In

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Spiritual Evolution, Dr. Vaillant lays out a brilliant defense not of organized religion but of man's inherent spirituality. Our spirituality, he shows, resides in our uniquely human brain design and in our innate capacity for emotions like love, hope, joy, forgiveness, and compassion, which are selected for by evolution and located in a different part of the brain than dogmatic religious belief. Evolution has made us spiritual creatures over time, he argues, and we are destined to become even more so. Spiritual Evolution makes the scientific case for spirituality as a positive force in human evolution, and he predicts for our species an even more loving future. Vaillant traces this positive force in three different kinds of evolution: the natural selection of genes over millennia, of course, but also the cultural evolution within recorded history of ideas about the value of human life, and

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the development of spirituality within the lifetime of each individual. For thirty-five years, Dr. Vaillant directed Harvard's famous longitudinal study of adult development, which has followed hundreds of men over seven decades of life. The study has yielded important insights into human spirituality, and Dr. Vaillant has drawn on these and on a range of psychological research, behavioral studies, and neuroscience, and on history, anecdote, and quotation to produce a book that is at once a work of scientific argument and a lyrical meditation on what it means to be human. *Spiritual Evolution* is a life's work, and it will restore our belief in faith as an essential human striving.

One of America's preeminent psychiatrists draws on his famous Study of Adult Development to give us an exhilarating

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look at how the mind's defenses work. What we see as the mind's trickery, George Vaillant tells us, is actually healthy. What's more, it can reveal the mind at its most creative and mature, soothing and protecting us in the face of unbearable reality, managing the unmanageable, ordering disorder. And because creativity is so intrinsic to this alchemy of the ego, Vaillant mingles his studies of obscure lives with psychobiographies of famous artists and others--including Florence Nightingale, Sylvia Plath, Anna Freud, and Eugene O'Neill.

Read about the riveting stories of Black artists who drew, mostly behind the scenes, superhero, horror, and romance comics in the early years of the industry. The life stories of each man's personal struggles and triumphs are represented as

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Harlem Renaissance Study

they broke through into a world formerly occupied only by white artists. Using primary source material from World War II-era Black newspapers and magazines, this compelling book profiles pioneers like E.C. Stoner, a descendant of one of George Washington's slaves. Stoner became a renowned fine artist of the Harlem Renaissance. Perhaps more fascinating is Owen Middleton who was sentenced to life in Sing Sing. Then there is Matt Baker, the most revered of the Black artists, whose exquisite art spotlights stunning women and men, and who drew the first groundbreaking Black comic book hero, Vooda! Gorgeously illustrated with rare examples of each artist's work, including full stories from mainstream comic books to rare titles like All-Negro Comics and Negro Heroes, plus unpublished artist's photos and art.

Invisible Men: The Trailblazing Black

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Harvard Grant Study Artists of Comic Books features Ken Quattro's over 20 years of impeccable research and writing. The social and cultural environments that formed these extraordinary artists are deftly detailed by Quattro in this must-have book!

In *Do Parents Matter?* anthropologists (and grandparents) Robert & Sarah LeVine investigate the diversity of parenting practices across the world - from the USA to Africa, Japan to Mexico - and come away with a reassuring conclusion: children tend to turn out to be the same well-adjusted adults all around the world no matter the parenting style. Japanese children sleep with their parents well into primary school, women of the Hausa tribe (largely based in Nigeria) avoid verbal and eye contact with their toddlers; Western parenting frowns on both practices but Japanese children show higher than

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Harvard Grant Study
average levels of empathy while Hausa children seem quite content. The Levines' fascinating global investigation discovers the practices, and experiences, of parents from around the world, and comes away with profound lessons from other cultures on how to build a family. This in-depth survey of parenting practices across the world is based on almost 50 years of research, until concluding: there is no one-size-fits-all approach to parenting, free yourself from expert advice and learn to relax. Parents universally sleep with their infants in Japan. Interestingly, the infant mortality rate in Japan is one of the lowest in the world. In West Africa and many of the Pacific Islands, toddlers are sent away by their mothers after weaning and taken care of by their grandmothers or other women. Among the Gusii people of Kenya mothers deliberately avoid eye contact with their babies. For a mother to engage

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her infant in eye contact would be to encourage the baby's development of disrespectful habits and would undermine the hierarchy of the family. Adoption of children within family groups is found widely across the Pacific, including Polynesia, Melanesia, and Micronesia. This allows a woman who has a new-born to give her infant to a childless woman. Many such adopted children know who their biological parents are, and have happy relationships with all their "parents".

The author describes his coming of age as a teacher, storyteller, and writer, a personal journey during which he spent fifteen years finding his voice in the classroom, and came to terms with the undervalued importance of teaching.

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