

The Longevity Project Surprising Discoveries For Health And Long Life From The Landmark Eight Decade Study

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Friedman and Leslie R. Martin, a 1996 UCR alumna (Ph.D.) and staff researchers, have published those findings in "The Longevity Project: Surprising Discoveries for Health and Long Life from the...

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The answers will surprise you. This is an important—and deeply fascinating—book. — Malcolm Gladwell, author of The Tipping Point. The Longevity Project is about why some people thrive well into old age while other people become ill and die young. Friedman and Martin go beyond the usual suggestions that it has to do with eating vegetables, avoiding stress, being happy, and exercising.

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