



## 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: 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

“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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#### **Eric Green:**

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their spare time with their family, or all their friends. Usually they doing activity like watching television, about to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Could be reading a book might be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the guide untitled 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 can be fine book to read. May be it may be best activity to you.

**Frances York:**

Is it you actually who having spare time then spend it whole day simply by watching television programs or just lying down on the bed? Do you need something totally new? This 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 can be the answer, oh how comes? It's a book you know. You are therefore out of date, spending your free time by reading in this brand new era is common not a geek activity. So what these guides have than the others?

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