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My favorite quote: [Aging well means] "learning to live with neither too much desire and adventure nor too much caution and self-care. ... Rather, successful aging means giving to others joyously whenever one is able,

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receiving from others gratefully whenever one needs it, and being greedy enough to develop one's own self in between."

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happier life, one must employ the social model of developmental stages and the emotional model of adaptational mechanisms of defense.

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What are the key factors in successful



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aging? Dr. Vaillant, a noted psychiatrist, researcher, and director of the Harvard Study of Adult Development, provides a lucid summary of the findings from the longest longitudinal study of adult development.

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George E. Vaillant, MD. New. ... Aging Well, at times tedious, provides a generally highly readable look at the aging process.

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Aging alters the way people sleep, so when your loved one is up, you tend to be too. Changes in hormone levels affect “sleep architecture,” the cycle of progressing through different stages of sleep, which means that older adults often experience less



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deeper sleep and wake up more frequently throughout the night (Insomnia and Seniors, Sleepfoundation.org, 9/28/20) .

7 Tips to Improve Your Loved One ' s Sleep Routine, as Well ...

AGING WELL: SURPRISING

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## GUIDEPOSTS TO A HAPPIER LIFE.

George E. Vaillant, MD. New York:  
Little, Brown & Co., 2002. Pp. 273-  
\$14.99 ISBN 0-316-09007-7. Pb.

Reviewed by Kathryn R. Ward and  
Geoffrey W. Sutton (Evangel  
University/Springfield, MO). What are  
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Dr. Vaillant, a noted psychiatrist, researcher, and director of the Harvard Study of Adult Development

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a Happier Life from the Landmark Study of Adult Development. Aging Well. : George E. Vaillant. Little, Brown, Jan 8, 2003 - Psychology - 384 pages. 2 Reviews....

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Watching my parents age is difficult and painful—as it is for many of us. I can ' t stop the aging process.

However, there is one thing I can do every day for them. I can pray and follow their example. They taught me to pray for all things and believe



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nothing is impossible with God. When  
I was hospitalized as an eight-year-  
old with a kidney ...

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