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

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What are the key factors in successful 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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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 deep 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 ...

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George E. Vaillant, MD. New York:

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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 the key factors in successful aging? Dr. Vaillant, a noted psychiatrist, researcher, and director of the Harvard Study of Adult Development ...

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Aging Well: Surprising Guideposts to 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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Get this from a library! Aging well : surprising guideposts to a happier life from the landmark Harvard study of adult development. [George E Vaillant] -- Argues "that individual lifestyle choices play a greater role than genetics, wealth, race, or other factors in determining how happy people are in later life"--Back cover.

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Aging Well (January 9, 2002 edition) | Open Library
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 nothing is impossible with God. When I was hospitalized as an eight-year-old with a kidney ...

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