

Download Triumphs Of Experience The Men Of The Harvard Grant Study

This item: Triumphs of Experience: The Men of the Harvard Grant Study by George E. Vaillant Paperback \$15.25 In Stock. Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult... by George E. Vaillant Paperback \$14.51 Triumphs of Experience - The Men of the Harvard Grant Study. 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 200 men, starting with their undergraduate days. The now-classic *Adaptation to Life* reported on the men's lives up to age 55 and helped us understand adult maturation. *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 same question posed originally by Bock, the study's founder: What factors meaningfully and reliably predict the good life?