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And in the end, it's not the years in your life that count. It's the life in your years. --Abraham Lincoln

Secrets to Longevity

They say that the key to a long life is eating well, exercising regularly and reducing stress. Now an eight-decade study indicates that this is only part of the equation. The Longevity Project tracked the lives of 1,500 boys and girls to explain how factors such as social connections, personality and marriage affect long-term health. The results flipped traditional logic on its head. "Take disposition, for example. Cheerful and optimistic children are actually less likely to live long lives, they found." According to this NPR article, the findings clearly revealed that the best childhood personality predictor of longevity was conscientiousness.

Be The Change:

Take the longevity self-assessment at the bottom of the article.