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There isn't time -- so brief is life -- for bickerings, apologies, heartburnings, callings to account. There is only time for loving -- and but an instant, so to speak, for that. --Mark Twain

What Makes A Good Life?

What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone but, according to psychiatrist Robert Waldinger, you're mistaken. As the director of a 75-year-old study on adult development, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life.

Be The Change:

The Harvard Study of Adult Development tracked 724 men for 75 years. The 60 who are still alive show proof of what can bring us true happiness and satisfaction. Guess at their three major findings before you watch!