

Download Emotional Longevity What Really Determines How Long You Live

Emotional Longevity: What REALLY Determines How Long You Live [Norman B. Anderson, P. Elizabeth Anderson] on Amazon.com. *FREE* shipping on qualifying offers. A dual study of biological and behavioral science seeks to connect optimism, positive relationships, and faith to longevity and other health benefits

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Readable mix of research and story, this book's major thesis is that being engaged in life, socially, intellectually, spiritually and productively impacts both vitality and longevity. Both *Aging Gracefully* by Donald Knowland and *Why Good Things Happen to Good People* by Stephen Post are similar in style and in findings.

Emotional Longevity: What Really Determines How Long You Live by Norman B. Anderson. Emotional Longevity. ... “Emotional Longevity is a life-enhancing book, offering rigorous and soulful insights into the hidden role of our emotions in health and well-being, in a sound recipe for a long and rewarding life.” ...