

“*The Longevity Project* uses one of the most famous studies in psychology to answer the question of who lives longest—and why. The answers will surprise you. This is an important—and deeply fascinating—book.” —MALCOLM GLADWELL

THE LONGEVITY PROJECT

1921 1937 1953 1969 1985 2001 20



Surprising Discoveries for Health
and Long Life from the
Landmark Eight-Decade Study

HOWARD S. FRIEDMAN, Ph.D.
and **LESLIE R. MARTIN, Ph.D.**