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To A~~

My favorite quote: [Aging well means]
"learning to live with neither too much
desire and adventure nor too much
caution and self-care. ... Rather,
successful aging means giving to
others joyously whenever one is able,
receiving from others gratefully
whenever one needs it, and being
greedy enough to develop one's own
self in between."

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Aging well: it can be done. Dr. Vaillant suggests that successful aging means giving to others joyously whenever one is able; receiving from others, gratefully, whenever one needs it; and being capable of personal development in between. To accomplish this, one must employ the social model of developmental stages and the emotional model of adaptational mechanisms of defense.

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What are the key factors in successful aging? Dr. Vaillant, a noted psychiatrist, researcher, and director of the Harvard Study of Adult Development, provides a lucid summary of the findings from the longest longitudinal study of adult development.

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Aging Well, at times tedious, provides a generally highly readable look at the aging process.

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Aging alters the way people sleep, so
when your loved one is up, you tend to
be too. Changes in hormone levels
affect "sleep architecture," the cycle of
progressing through different stages of
sleep, which means that older adults
often experience less deep sleep and

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Life
wake up more frequently throughout the night (Insomnia and Seniors, Sleepfoundation.org, 9/28/20) .

7 Tips to Improve Your Loved One's Sleep Routine, as Well ...

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George E. Vaillant, MD. New York: Little, Brown & Co., 2002. Pp. 273-
\$14.99 ISBN 0-316-09007-7. Pb.

Reviewed by Kathryn R. Ward and Geoffrey W. Sutton (Evangel University/Springfield, MO). What are the key factors in successful aging? Dr. Vaillant, a noted psychiatrist, researcher, and director of the Harvard Study of Adult Development ...

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Happier Life from the Landmark Study of Adult Development. Aging Well. : George E. Vaillant. Little, Brown, Jan 8, 2003 - Psychology - 384 pages. 2 Reviews....

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Watching my parents age is difficult
and painful—as it is for many of us. I
can't stop the aging process.
However, there is one thing I can do
every day for them. I can pray and
follow their example. They taught me
to pray for all things and believe
nothing is impossible with God. When I
was hospitalized as an eight-year-old
with a kidney ...

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