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Triumphs Of Experience  
The Men

At a time when many people around the world are living into their tenth decade, the longest longitudinal

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Study of human development ever undertaken offers some welcome news for the new old age: our lives continue to evolve in our later years and often become more fulfilling than before. Begun in 1938, the Grant Study of Adult Development charted the physical and emotional health of over two hundred men, starting with their undergraduate days.

Triumphs of Experience: The Men of the Harvard Grant Study ...

Now George Vaillant follows the men into their 90s, documenting for the first time what it is like to flourish far beyond conventional retirement. Reporting on all aspects of male life - including

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relationships, politics and religion, coping strategies, and alcohol use - Triumphs of Experience shares a number of surprising findings. For example, the people who do well in old age did not necessarily do so well in midlife and vice versa.

Triumphs of Experience: The Men of the Harvard Grant Study ...

Triumphs of Experience summarizes much of the work of the Grant longitudinal study of Harvard male graduates from 1938 to 1942. This well written account can be understood, with much effort, by the lay reader, but it is a slog.

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Triumphs of Experience - The Men of the Harvard Grant ...

Reporting on all aspects of male life, including relationships, politics and religion, coping strategies, and alcohol use (its abuse being by far the greatest disruptor of health and happiness for the study's subjects), Triumphs of Experience shares a number of surprising findings. For example, the people who do well in old age did not necessarily do so well in midlife, and vice versa.

Triumphs of Experience — George E. Vaillant | Harvard ...

Harvard University Press, Cambridge, Massachusetts

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and London England: 2015. Softcover. Brand new book. At a time when many people around the world are living into their tenth decade, the longest longitudinal study of human development ever undertaken o...

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Triumphs of Experience deserves a place on the shelves not only of psychiatrists, psychologists, and other professionals, but also of lay care providers who strive to better understand their aging loved ones, and even themselves. With a scientist's eye for details, a therapist's compassion, and a raconteur's

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ability to draw readers into stories of his subjects, Vaillant has written a ...

Triumphs of Experience: The Men of the Harvard Grant Study ...

Triumphs of Experience: The Men of the Harvard Grant Study. By George E. Vaillant. Belknap Press/Harvard University Press, 480pp, £20.95. ISBN 9780674059825. Published 25 October 2012

Triumphs of Experience: The Men of the Harvard Grant Study ...

Triumphs of Experience is not only a history of how the Grant men adapted (or not) to life over 70-plus

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George Vaillant author and science grew up alongside them. Yet what unifies Triumphs is the same question posed originally by Bock, the study's founder: What factors meaningfully and reliably predict the good life? Vaillant's mission is to uncover the 'antecedents of flourishing.'"

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Triumphs of Experience is not only a history of how the Grant men adapted (or not) to life over 70-plus years, but of how author and science grew up alongside them. Yet what unifies Triumphs is the same question posed originally by Bock, the study's founder: What factors meaningfully and reliably predict the good life?

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- Andrew Stark, Wall Street Journal Triumphs of Experience elegantly summarizes the findings of this vast longitudinal study, unique in the annals of research [The] book analyzes how the men fared over their late adulthood, and indeed their entire lives. In it, Vaillant masterfully chronicles how their life successes, or lack thereof, correlate with the nature of their childhoods, marriages, mental health, physical health, substance abuse, and attitudes.

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### George F. Vaillant

George F. Vaillant was the director of the Harvard Grant Study for over two decades. His latest book, *The Triumphs of Experience*, presents the latest findings. I found it a fascinating read as it not only uncovers new insights, but also questions some of the conclusions reached at earlier stages of the study.

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