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At a time when many
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decade, the longest
longitudinal study of
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ever undertaken offers
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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

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charted the physical

and emotional health

of over two hundred

men, starting with

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their undergraduate
days.

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Now George Vaillant
follows the men into
their 90s,
documenting for the
first time what it is
like to flourish far
beyond conventional

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retirement. Reporting on all aspects of male life - including 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

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in midlife and vice versa.

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summarizes much of
the work of the Grant
longitudinal study of
Harvard male
graduates from 1938

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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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...

Reporting on all
aspects of male life,
including

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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

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number of surprising

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necessarily do so well
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versa.

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Experience deserves the
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

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Experience, and a
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to draw readers into
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Vaillant has written a
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Vaillant. Belknap
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9780674059825.
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2012

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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

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meaningfully and
reliably predict the
good life? Vaillant ' s
mission is to uncover
the ' antecedents of
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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

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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.

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- Andrew Stark, Wall
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Experience elegantly
summarizes the

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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

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their childhoods,
marriages, mental
health, physical
health, substance
abuse, and attitudes.

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George F. Vaillant was the director of the Harvard Grant Study

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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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