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~~The Talent for Aging Well | Harvard Magazine~~

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George Eman Vaillant is an American psychiatrist and Professor at Harvard Medical School and Director of Research for the Department of Psychiatry, Brigham and Women's Hospital. Vaillant has spent his research career charting adult development and the recovery process of schizophrenia, heroin addiction, alcoholism,

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and personality disorder. Through 2003, he spent 30 years as Director of the Study of Adult Development at the Harvard University Health Service. The study has prospectively charted t

~~George Eman Vaillant - Wikipedia~~

"We all need models for how to live from retirement to past 80--with joy," writes George Vaillant, M.D., director of the Harvard Study of Adult Development. This groundbreaking book pulls together data from three separate longevity studies that, beginning in their teens, followed 824 individuals for more than 50 years.

~~Amazon.com: Aging Well: Surprising Guideposts to a Happier ...~~

Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development Paperback □

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Illustrated, January 8, 2003. by George E. Vaillant MD (Author) 4.3 out of 5 stars 130 ratings. See all formats and editions. Hide other formats and editions.

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In a fascinating book called Aging Well, George E. Vaillant, M.D. and his team studied three groups of men and women over sixty to eighty years to learn how they were developing. The data were analyzed and recorded. Researchers discovered: The stages of adult development.

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Like Levinson, Harvard psychiatrist George Vaillant based his stage theory both on Erikson's work and on the longitudinal study of

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"Aging well involves both mental and physical health," says author George Vaillant, M.D., who began managing the study in 1970. "So when we talk about well-being, we're talking about two facets, not just one." For example, he notes, "alcohol abuse is bad for emotional and physical well-being. Smoking is only bad for physical well-being."

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