

The Harvard Study of *Adult Development* is the longest running study on happiness.

# Here Are 3 Powerful Findings Everyone Should Know:



1

# Relationship Satisfaction Impacts Health

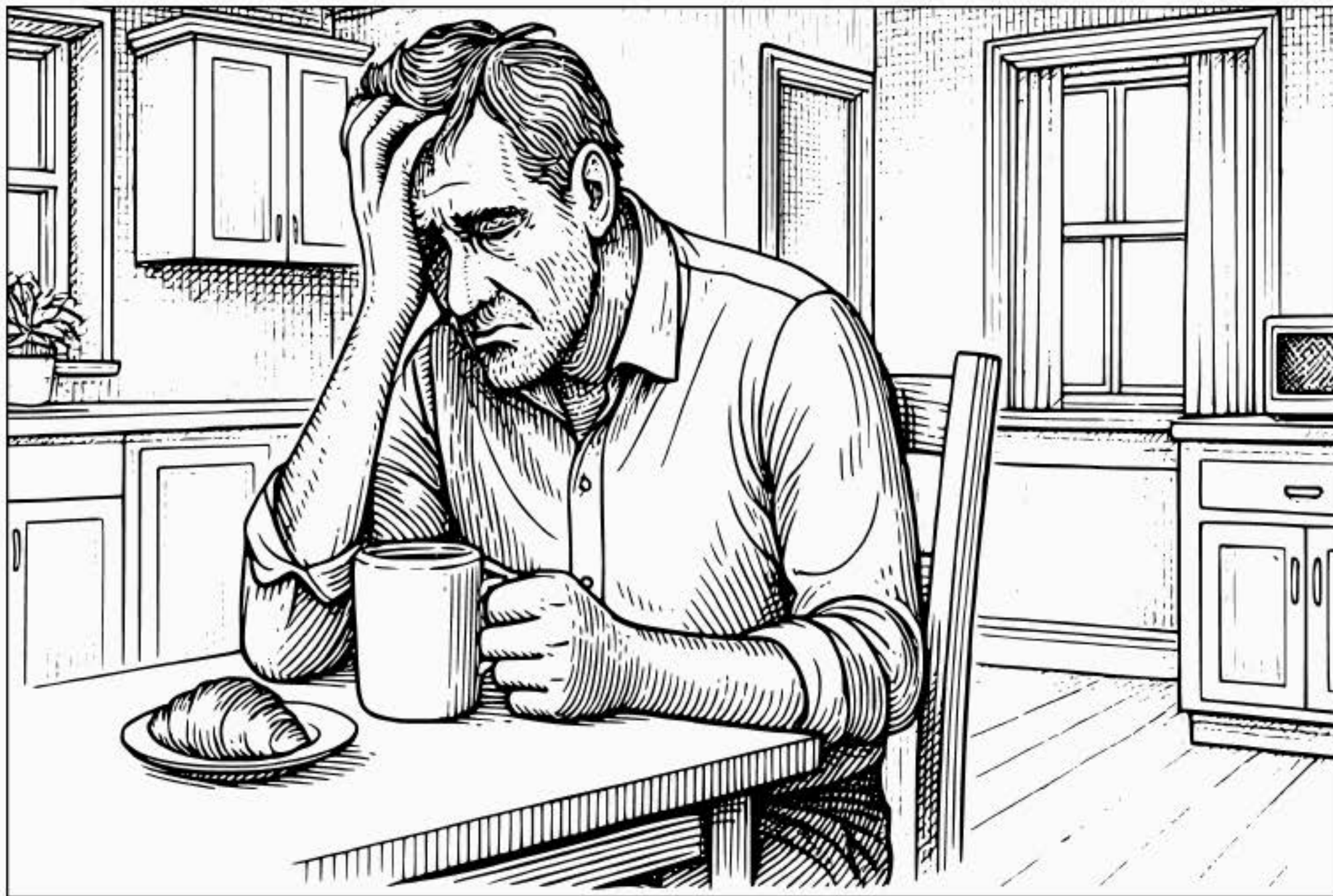


The researchers looked back at the lives of the 80-year-old participants to determine what factors were predictive of healthy aging. What did they find? Relationship satisfaction at age 50 was predictive of health at age 80.



Study director Robert Waldinger: "It wasn't their cholesterol levels that predicted how they were going to grow old. It was how satisfied they were in their relationships. The people who were the most satisfied in their relationships at age 50 were the healthiest at age 80."

# Loneliness Kills



Humans are social creatures. We thrive through connection to those around us. Study participants who felt isolated were observably less happy and experienced notably earlier declines in health than those who felt connected.



The study observed the negative impacts of alcohol and smoking on the long-term health of the participants, but found that loneliness was just as negatively impactful. Study director Robert Waldinger: "Loneliness kills. It's as powerful as smoking or alcoholism."

3

## Quality Over Quantity



The researchers found that the quality of relationships was more impactful on health and happiness than the quantity of relationships. A few deep bonds are worth far more than hundreds of weak or unhealthy ones.

Relationships are, quite literally, everything.



Hopefully the insights from my conversation with Dr. Robert Waldinger shine a light on their importance—and hopefully you take a few tiny actions that improve your *Social Fitness* in the days and weeks ahead. Invest in your relationships—they will pay dividends in all areas of your life for many years to come.