



## Attitude & Longevity

*This article describes the long-term effects that the habits of joy and wellbeing have on longevity.*

In 1973 Dr. Grossarth-Maticek gave a brief test measuring habitual feelings of pleasure and wellbeing to thousands of elderly residents of Heidelberg, Germany. Twenty-one years later, he compared the test scores with health status. The results were amazing: the 300 people who had scored highest turned out to be **thirty times more likely to be alive and well** 21 years later than the 200 lowest!

Furthermore, Dr. Grossarth-Maticek randomly divided 1200 people who had scored poorly on his tests into two equal-sized groups. One group of 600 was given a self-help brochure and six, one-hour training sessions spread over a one year period. The other 600 were given no training or placebo training.

When the health status of the two groups was checked 13 years later, **409 of the people given the self-help training were still alive versus only 97 of the equal-sized control group!**

Thomas R Blakeslee, author of *The Attitude Factor*,