

Cornell Note Taking - What Makes a Good Life

What Makes a Good Life? Lessons from the longest study on Happiness. Ted Talk

Ted Talk by Robert Waldinger

Citation Info:

https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

Key Ideas or Questions Notes

Harvard Study

- Rare in its longevity
- 724 men studied for 75 years
- Work, home, health, stories

Young Adults

Initially, the participants said they want to be rich or famous

Older Adults

The study showed that good relationships keep us happier and healthier.

Quantity of Social

Social connections are good for us.
Lonely people are less healthy and die sooner.
People can be lonely even in a marriage or relationship.

Quality of Social

High-conflict relationships without much affection are bad for health.
Quality of close relationships matter.
Good, high quality relationships protect from aging.

Impact

Social relationships are good for bodies AND brains.
Less memory loss among those in happy relationships.

Summary: Good Relationships keep people happier and healthier!