

Why Good Things Happen to Good People: How to Live a Longer, Healthier, Happier Life by the Simple Act of Giving

By Stephen Post, Jill Neimark

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A longer life. A happier life. A healthier life. Above all, a life that matters—so that when you leave this world, you'll have changed it for the better. If science said you could have all this just by altering one behavior, would you?

Dr. Stephen Post has been making headlines by funding studies at the nation's top universities to prove once and for all the life-enhancing benefits of caring, kindness, and compassion. The exciting new research shows that when we give of ourselves, especially if we start young, everything from life-satisfaction to self-realization and physical health is significantly affected. Mortality is delayed. Depression is reduced. Well-being and good fortune are increased. In their life-changing new book, *Why Good Things Happen to Good People*, Dr. Post and journalist Jill Neimark weave the growing new science of love and giving with profoundly moving real-life stories to show exactly how giving unlocks the doors to health, happiness, and a longer life.

The astounding new research includes a fifty-year study showing that people who are giving during their high school years have better physical and mental health throughout their lives. Other studies show that older people who give live longer than those who don't. Helping others has been shown to bring health benefits to those with chronic illness, including HIV, multiple sclerosis, and heart problems. And studies show that people of all ages who help others on a regular basis, even in small ways, feel happiest.

Why Good Things Happen to Good People offers ten ways to give of yourself, in four areas of life, all proven by science to improve your health and even add to your life expectancy. (And not one requires you to write a check.) The one-of-a-kind "Love and Longevity Scale" scores you on all ten ways, from volunteering to listening, loyalty to forgiveness, celebration to standing up for what you believe in. Using the lessons and guidelines in each chapter, you can create a personalized plan for a more generous life, finding the style of giving that suits you best.

The astonishing connection between generosity and health is so convincing that it will inspire readers to change their lives in ways big and small. Get started today. A longer, healthier, happier life awaits you.

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Editorial Review

From Publishers Weekly
Post, a professor of bioethics at Case Western Reserve University, outlines, as the book's subtitle puts it, "the exciting new research that proves the link between doing good and living a longer, healthier, happier life." With former Psychology Today features editor Neimark, Post cites a raft of studies (some of it funded by his Institute for Research on Unlimited Love) showing that qualities like gratitude, celebration, forgiveness and compassion are not only good for the recipients of your generosity-they're good for you too, leading to better health and longer life. Post details a self-help program based on his Love and Longevity Scale, tested on 339 college students, to measures how high you score on each quality. He also offers anecdotes (like the story of a five-year-old girl who forgave the shooter whose bullet paralyzed her) and advice to illustrate how to practice altruistic qualities. Forgiveness, for example, can be pursued through a Buddhist breathing meditation or by communing with a higher power. Post's advice to spend time helping others is grounded not only in research but in an optimistic faith in human nature.
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Review
Advance Praise for *Why Good Things Happen to Good People*

“In writing so compellingly about the importance of lifelong giving, Stephen Post and Jill Neimark have actually modeled their own principle by giving all of us a gift. Bringing together a summary of new scientific data on altruism, a compendium of moving stories of human compassion, and a new survey tool to assist in self-examination, this book convincingly demonstrates that ‘love your neighbor as yourself’ can indeed provide a joyful path towards a fulfilled life.”

—**Francis S. Collins, MD, PhD,** director, Human Genome Project and author of *The Language of God*

“Stephen Post and Jill Neimark make the scientific case for generosity eloquently, humanely, and compellingly. This book meets Nietzsche’s criterion for good philosophy: ‘Change your life!’”
—**Martin E. P. Seligman, PhD,** Fox Leadership Professor of Psychology, University of Pennsylvania, and author of *Learned Optimism* and *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*

“In my entire lifetime I have never read a book that presents the benefits of giving for the giver as well as this one does, and using such powerful science in the process.”
—**Robert H. Schuller**, founder of The Crystal Cathedral

“Stephen Post and Jill Neimark have brought together the main findings from the new science of genuine love and translated them into helpful, practical advice that the reader can easily apply. Those who take this book to heart will surely make their lives better, and will help to make the world a better place as well.”

—Mihaly Csikszentmihalyi, **PhD,** professor of psychology, Claremont Graduate University, and author of *Flow: The Psychology of Optimal Experience*

“This book is chock-full of good stuff. Read, enjoy and be uplifted!”

—**Millard Fuller**, founder and president of the Fuller Center for Housing and founder of Habitat for Humanity

About the Author
Stephen Post, PhD, is a professor of bioethics at Case Western Reserve University's School of Medicine. He is president of the Institute for Research on Unlimited Love, and his work has appeared in top journals such as *JAMA*, *Science*, and *The Lancet*.

Jill Neimark is a journalist, novelist, and former features editor for *Psychology Today* whose work has appeared in *The New York Times*, *The Economist*, and *Discover*.

Users Review

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Kevin Nixon:

The book Why Good Things Happen to Good People: How to Live a Longer, Healthier, Happier Life by the Simple Act of Giving can give more knowledge and information about everything you want. Why must we leave the best thing like a book Why Good Things Happen to Good People: How to Live a Longer, Healthier, Happier Life by the Simple Act of Giving? A few of you have a different opinion about reserve. But one aim in which book can give many facts for us. It is absolutely suitable. Right now, try to closer with the book. Knowledge or facts that you take for that, you may give for each other; you can share all of these. Book Why Good Things Happen to Good People: How to Live a Longer, Healthier, Happier Life by the Simple Act of Giving has simple shape however you know: it has great and big function for you. You can search the enormous world by start and read a publication. So it is very wonderful.

Michael Alvarado:

As people who live in often the modest era should be revise about what going on or data even knowledge to make these people keep up with the era which can be always change and advance. Some of you maybe can update themselves by examining books. It is a good choice in your case but the problems coming to you actually is you don't know what kind you should start with. This Why Good Things Happen to Good People: How to Live a Longer, Healthier, Happier Life by the Simple Act of Giving is our recommendation to make you keep up with the world. Why, because book serves what you want and want in this era.

Donna Hubbard:

A lot of people always spent their free time to vacation or perhaps go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you read you can spent all day every day to reading a reserve. The book Why Good Things Happen to Good People: How to Live a Longer, Healthier, Happier Life by the Simple Act of Giving it is rather good to read. There are a lot of people that recommended this book. They were enjoying reading this book. If you did not have enough space to deliver this book you can buy the e-book. You can m0ore simply to read this book from your smart phone. The price is not to cover but this book offers high quality.

Suk Barry:

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