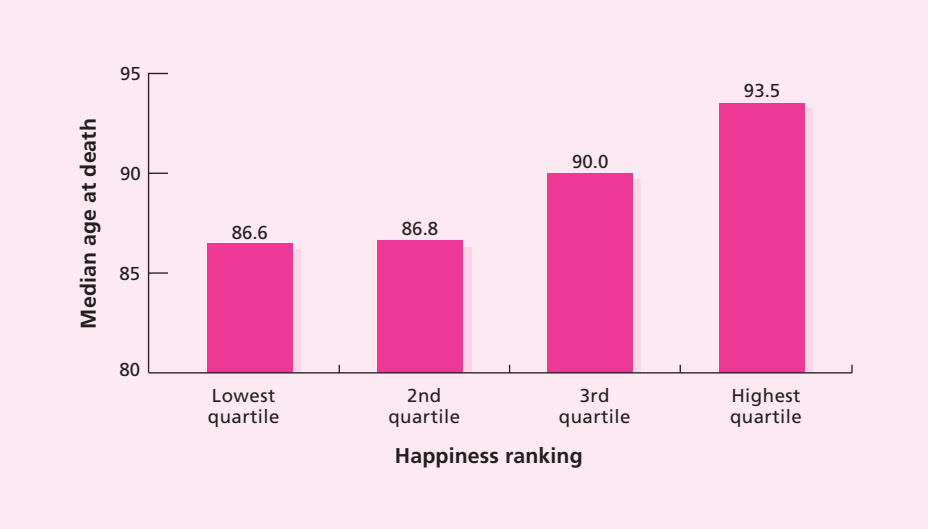

FIGURE 5.13

Happiness and Longevity

Nuns who wrote positively toned autobiographies in their early 20s lived longer than those whose autobiographies were less positive.

Source: Danner, Snowdon, and Friesen (2001).