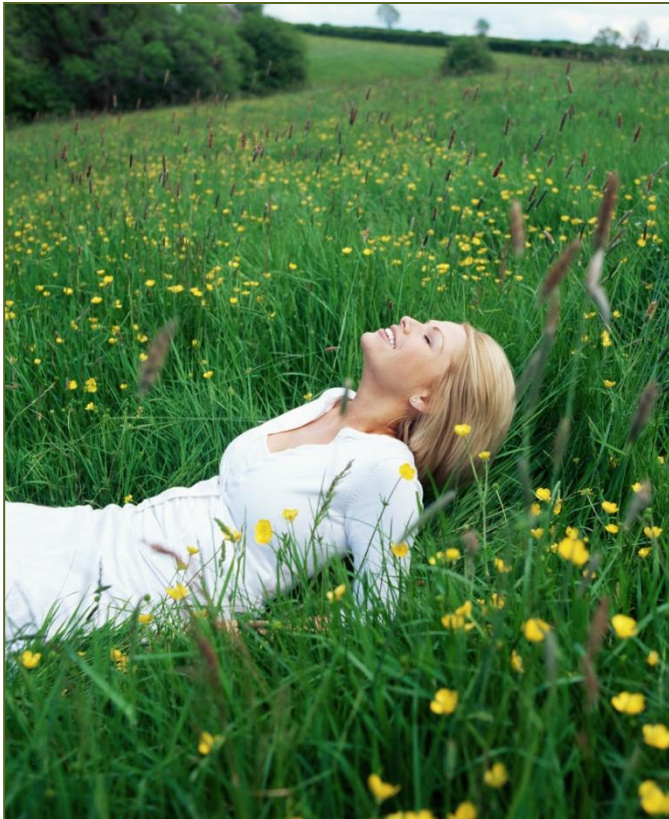


# 7. What's New in Science and Lifestyle – the Latest Research Interpreted

The latest scientific research articles can be provided in lay terms with commentary from our experts. For example, benefits of broccoli for cancer, sleep studies, etc.



## Altruism Creates Health:

### Research show us that altruism has health benefits

Case Western Reserve University School of Medicine bioethics professor Dr. Stephen Post, Ph.D. has demonstrated that altruism has health benefits. His 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 improved. Mortality is delayed. Depression is reduced. Well-being and good fortune are increased.

In this new book, Post distills academic research into an inspirational message. The research includes a 50-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. Studies show that people of all ages who help others on a regular basis, even in small ways, feel happiest.



The Stress Institute

# Contact Us

**We are delighted to provide you  
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