

# A Sense Of Purpose May Help You Stave Off Death

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## *Fast Company's Co. Design:*

Having a sense of purpose isn't just good for business. It's good for your health, too. According to a new study in *Psychological Science*, a greater sense of purpose is associated with longer life spans.

Researchers from Carleton University in Canada and the University of Rochester examined data from Midlife in the United States, a national longitudinal study funded by the National Institute on Aging. As part of the study, 6,000 participants between the ages of 20 and 75 self-reported information about their purpose in life. During the 14-year follow-up period to the study, 569 of the participants died.

Read the whole story: [\*Fast Company's Co. Design\*](#)