

# Could Thinking Positively About Aging Be The Secret Of Health?

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***NPR:***

The dictionary defines ageism as the “tendency to regard older persons as debilitated, unworthy of attention, or unsuitable for employment.” But research indicates that ageism may not just be ill-informed or hurtful. It may also be a matter of life and death.

Not that it’s literally killing people. Researcher Becca Levy, a professor of epidemiology and psychology at the Yale School of Public Health, says it depends on how much a given individual takes those negative ideas to heart.

Read the whole story: [NPR](#)