

For a Longer Life, Get Social

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The Wall Street Journal:

Personal independence is such an iconic American value today that few of us question it. In previous generations, retirees lived with family, but now that a large swath of older people can afford to live on their own, that's what they choose. The convenience of digital devices means that we can now work, shop and pay our bills online, without dealing directly with other people. According to the U.S. Census, 10% of Americans work alone in remote offices and over 13% live alone, the highest rate of solo living in American history.

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A team led by Julianne Holt-Lunstad at Brigham Young University showed that living alone, or simply spending a lot of your time on your own, can compromise your physical and psychological resilience—whether or not you like your solitude. Published in *Psychological Science* in March, their data show that how much real social interaction you get is a good predictor of how long you will live.

Read the whole story: [The Wall Street Journal](#)