

# Sense of purpose 'adds years to life'

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## **BBC:**

Having a sense of purpose may add years to your life, regardless of what the purpose is, research suggests.

Not only does it contribute to healthy aging, but it may also stave off early death, according to a study of 7,000 Americans.

The research, published in *Psychological Science*, applies across adult life, says a US-Canadian team. It may be because purposeful people look after their health better and are physically fitter, they believe. The study tracked the physical and mental health of more than 7,000 US adults aged 20 to 75 years.

Read the whole story: [BBC](#)