

Sense of Purpose Lengthens Life

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Pacific Standard:

How's that search for a purpose in life coming? Are you finding frustration rather than fulfillment? Well, if friends or family members suggest you let it go, don't let them dissuade you.

If your quest is successful, you'll probably outlive them.

That's the implication of new research, which provides additional evidence of a link between having a sense of purpose and enjoying greater longevity. In a study conducted by psychologists Patrick Hill of Carleton University and Nicholas Turiano of the University of Rochester, participants who felt their lives had purpose lived longer than those who did not, even after related factors such as a positive emotional outlook were filtered out.

Read the whole story: [*Pacific Standard*](#)