

Why Everything You Think About Aging May Be Wrong

December 11, 2014

The Wall Street Journal:

Everyone knows that as we age, our minds and bodies decline—and life inevitably becomes less satisfying and enjoyable. Everyone knows that cognitive decline is inevitable. Everyone knows that as we get older, we become less productive at work.

Everyone, it seems, is wrong.

Contrary to the stereotype of later life as a time of loneliness, depression and decline, a growing body of scientific research shows that, in many ways, life gets better as we get older. “The story used to be that satisfaction with life went downhill, but the remarkable thing that researchers are finding is that doesn’t seem to be the case,” says Timothy Salthouse, a professor of psychology at the University of Virginia.

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