



Adaptation to Life

By George E. Vaillant

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Between 1939 and 1942, one of America's leading universities recruited 268 of its healthiest and most promising undergraduates to participate in a revolutionary new study of the human life cycle. George Vaillant, director of this study, took the measure of the Grant Study men. The result was the compelling, provocative classic, *Adaptation to Life*, which poses fundamental questions about the individual differences in confronting life's stresses.

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Editorial Review

About the Author

George E. Vaillant is Professor of Psychiatry at Harvard Medical School.

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