

Carlsbad Newcomers

discusses

Susan Pinker's Secret to Living Longer (TED talk)

Wednesday, April 4, at the Carlsbad Senior Center, Activity Room
799 Pine Ave., Carlsbad, CA 92008

9:45 a.m. **Socializing— refreshments!**

10:15 a.m. **Meeting and Discussion**

11:30 a.m. **Adjournment**

The Italian island of Sardinia has more than six times as many centenarians as the mainland and ten times as many as North America. Why? According to psychologist Susan Pinker, it's not a sunny disposition or a low-fat, gluten-free diet that keeps the islanders healthy -- it's their emphasis on close personal relationships and face-to-face interactions.



In her award-winning book [The Sexual Paradox](#), psychologist Susan Pinker argued that biological differences could play an unexpectedly large role in creating classroom, lifespan and workplace gender gaps. With [The Village Effect](#), she tracks another current: how social, face-to-face interactions are critical not only for happiness but also for survival, and how technology can isolate us from these life-saving bonds. She writes: "Neglecting to keep in close contact with people who are important to you is at least as dangerous to your health as a pack-a-day cigarette habit, hypertension or obesity."

Pinker also writes a column for the *Wall Street Journal*, "[Mind and Matter](#)", and weekly columns "Problem Solving" and "The Business Brain" for various newspapers.

We will review her TED talk, followed by a Q&A session which will feature several special residents of our community giving their opinions of how they have happily lived far beyond the average expectations. If you have a longevity story to tell, come and share.

Newcomers meet monthly on 1st Wednesdays at the Carlsbad Senior Center:
Newcomer information: 760.574.7472 or www.carlsbadnewcomers.org

