

George Vaillant Quotes

*Stars, Lying, Years, Wells, Creativity, Problem Solving, Tolerate, Problem, Hard,
Dollars, Three, Grief, Sense Of Humor, Carts, Pain, Fun, Horse, Study,
Recovery, Connections*

The only thing that really matters in life are your relationships to other people.

~George Vaillant

It is all too common for caterpillars to become butterflies and then to maintain that in their youth they had been little butterflies. Maturation makes liars of us all.

~George Vaillant

Life ain't easy. Terrible things happen to everyone. You have to keep your sense of humor, give something of yourself to others, make friends who are younger than you, learn new things, and have fun.

~George Vaillant

The seventy-five years and twenty million dollars expended on the Grant Study points to a straightforward five-word conclusion: Happiness is love. Full stop.

~George Vaillant

Joy is connection... The more areas in your life you can make connection, the better.

~George Vaillant

It is not stress that kills us. It is effective adaptation to stress that allows us to live.

~George Vaillant

Anxiety and depression are the price you pay for a well-lived life.

~George Vaillant

Happiness is only the cart; love is the horse

~George Vaillant

If you want to treat an illness that has no easy cure, first of all, treat

them with hope.

~George Vaillant

The recent years of the Grant Study have shown that our lives when we are old are the sum of all of our loves.

~George Vaillant

Whether we live to a vigorous old age lies not so much in our stars or in our genes but in ourselves.

~George Vaillant

It's very hard, for most of us to tolerate being loved.

~George Vaillant

Creativity can never be explained by appeal to reason alone. Like the birth of a child, creativity compels us not to explanation but to wonder and awe.

~George Vaillant

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