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In this book George Vaillant analyzes adaptation techniques (aka coping strategies aka defense mechanisms) using the lives of men in the Grant Study (the Grant Study undertook the task of profiling 250+ male college graduates in the United States from 1940 to the end of their lives; this book was written in

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the 1970s, when the men were in their fifties).

Adaptation to Life by George E. Vaillant

Nearly forty years later, George E. Vaillant, director of the 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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The result was the compelling, provocative classic, *Adaptation to Life*, which poses fundamental questions about the individual differences in confronting life's stresses. 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

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life cycle.

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Adaptation to life by Vaillant, George E., 1934-Publication date 1977 Topics Adulthood -- Longitudinal studies, Defense mechanisms (Psychology), Emotional maturity Publisher Boston : Little, Brown Collection

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Adaptation to Life. George E. Vaillant. 1977. Every person is given a unique set of challenges in life. To overcome them, a person employs a unique set of techniques.

Book Review Bot: Adaptation to

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Life. George E. Vaillant. 1977.

This book identifies the key mental characteristics necessary to adapt to life, using concrete examples based on a long-term study. It provides a positive message that the circumstances of these subjects birth and background did not matter nearly as much as how much effort they put into life. It is well worth reading.

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Part two Basic style, of adaptation
Adaptative ego mechanisms: A hierarchy
Sublimation Makes instinct acceptable, makes ideas fun. Every failure bring, something new and exciting.
Suppression, Anticipation, Altruism, and humor Anticipation-Attenuates anxiety
Suppression-Always seeing the bright side.

Book Review: Adaptation to Life by George E. Vaillant | Mboten

George Eman Vaillant (/ v ə ' l æ n t /; born June 16, 1934) is an American psychiatrist and Professor at Harvard Medical School and Director of Research for the Department of Psychiatry,

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Brigham and Women's Hospital. Vaillant has spent his research career charting adult development and the recovery process of schizophrenia, heroin addiction, alcoholism, and personality disorder.

George Eman Vaillant - Wikipedia

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