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Optimists Live Longer Than Pessimists

Is this glass half full or half empty?

If you said half full, congratulations. A new study suggests you'll live healthier and longer than your pessimistic peers. And if you're trusting of other people as well as an optimist, well you'd better plan on having a lot of money stashed away in your retirement account. The new study analyzed data from nearly 100,000 women in the Women's Health initiative. Researchers found that optimists – women who expected that good things, not bad, would happen – were 30% less likely to die of heart disease during the course of the study than pessimists. And trusting women were 235 less likely to die of cancer than their “cynically hostile” – or highly mistrustful – counterparts.

—Rita Rubin.