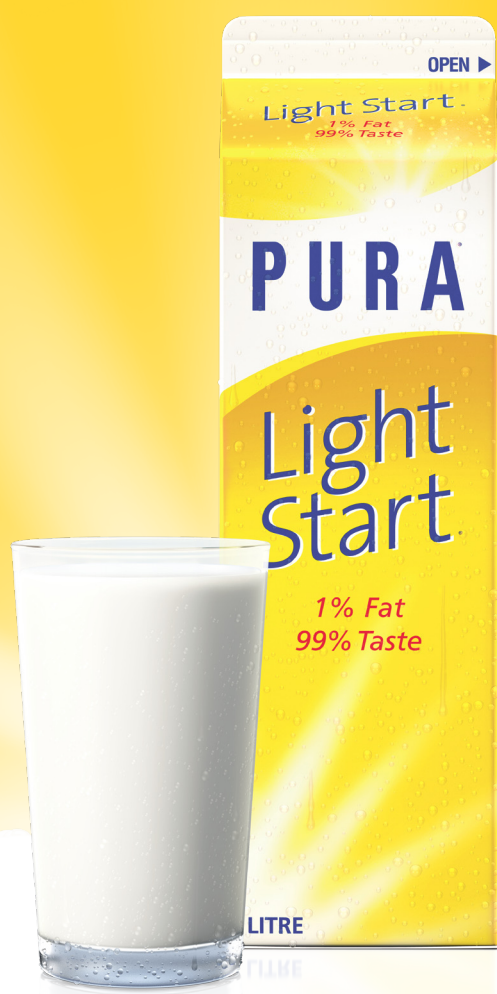


# The next eight weeks could add years to your life.

Over the next eight weeks, we'll be running a new supplement in The Age every Friday called the Good Life Guide. Filled with positive ideas for how you can spend your weekend, it's bound to help brighten up your days.

And since research shows that optimists outlive their grumpy counterparts, its benefits might just extend further than the weekend too.



Taste the good life.