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## The Immigrant Advantage: What We Can Learn from Newcomers to America about Health, Happiness and Hope

By Kolker, Claudia

Free Press, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Do you have a relative or friend who would gladly wait on you, hand and foot, for a full month after you had a baby? How about someone to deliver a delicious, piping hot home-cooked meal, just like your mother's, right to your front door after work? Do you know people you'd trust enough to give several hundred dollars a month to, with no receipt, on the simple promise that the accumulated wealth will come back to you a year later? Not many of us can answer yes to these questions. But as award-winning journalist Claudia Kolker has discovered, each of these is one of a wide variety of cherished customs brought to the United States by immigrant groups, often adapted to American life by the second generation in a distinctive blending of old and new. Taken together, these extraordinary traditions may well contribute to what's known as the immigrant paradox, the growing evidence that immigrants, even those from poor or violence-racked countries, tend to be both physically and mentally healthier than most native-born Americans. These customs are unfamiliar to...



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