The Oldest Old In Everyday Life - Self Perception, Coping With Change and Stress

Suliman from Lebanon is an age phenomenon. Not just for surviving 125 years, but for defying his age to be an active, fun-loving new father.

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There are two men who claim to be the world's oldest living humans, but their birth dates cannot be certified. One is Ali Rabee, a 128-year-old Ethiopian who lived in Sudan, and the other is Anriko Nyalap, who was born in 1894 and is a 116-year-old living in Japan.

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The diets of the world's oldest people are as varied as... the diets of young people! Here's what 15 very old people ate ... something we've been told time and time again: If you want to live a long life, make sure that you eat a healthy diet.

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