

# Aging and Development Social and Emotional Perspectives International Texts in Developmental Psychology

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## BOOK DETAILS

- Author : Peter G. Coleman
- Pages : 260 Pages
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## **BOOK SYNOPSIS**

The psychology of aging usually focuses upon cognitive changes, with a particular focus on dementia and other forms of cognitive decline. But getting older is about more than simply changes to the brain and related health issues. Changes to our social and emotional lives are also hugely significant as we adapt across our lifespan. The second edition of *Aging and Development* is the only textbook available that responds to the growing interest in social, personal and emotional development in older age. Ideally suited to complement texts on cognitive change, the book provides a holistic developmental perspective on aging. It highlights a range of issues, including the development of personal meaning and spirituality, improvements in emotional control, uses of reminiscence and life review, the importance of healthy attitudes to aging, as well as the maintenance of close personal relationships. It does not avoid the difficult issues of late life decline, but illustrates how even in circumstances of physical and mental frailty a positive sense of self can be created and enhanced. Fully updated to provide the most cutting-edge overview on this burgeoning topic of interest, *Aging and Development* includes a glossary and list of useful websites both on the study of gerontology and the psychology of aging. It will be essential reading for all students of developmental psychology, as well as anyone either training to work or already working with older people.

### **AGING AND DEVELOPMENT SOCIAL AND EMOTIONAL PERSPECTIVES INTERNATIONAL TEXTS IN DEVELOPMENTAL PSYCHOLOGY**

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