



## Health, Illness, and Optimal Aging: Biological and Psychosocial Perspectives (Paperback)

By Carolyn M. Aldwin, Heidi Igarashi, Diane Fox Gilmer

Springer Publishing Co Inc, United States, 2017. Paperback. Condition: New. 3rd Revised edition. Language: English . Brand New Book. Uniquely bridging a gap in the gerontology literature between the biological and psychosocial aspects of aging, the second edition of this interdisciplinary text provides key updates on an abundance of cutting edge research, expands information on diversity issues in aging, and examines in greater depth the physiology of aging, theories of biological aging, and methodological issues. Instructors will also welcome the addition of an Instructor s Manual and PowerPoint slides. Written for upper-level undergraduate and graduate students, and invigorated by the addition of new coauthors, the text integrates findings in biology, psychology, and the social sciences to provide comprehensive, multidisciplinary coverage of the aging process. Included is key information on age-related changes and disease-related processes, the demography of the aging population worldwide, aging theories, and how to promote optimal aging. From a psychosocial perspective, the book examines mental health, stress and coping, spirituality, and caregiving in later years. Also included is crucial information on longitudinal design and statistics as they relate to aging research, promising new trends in gerotechnology, Green Houses, and information on health promotion programs. Real life examples throughout the...



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