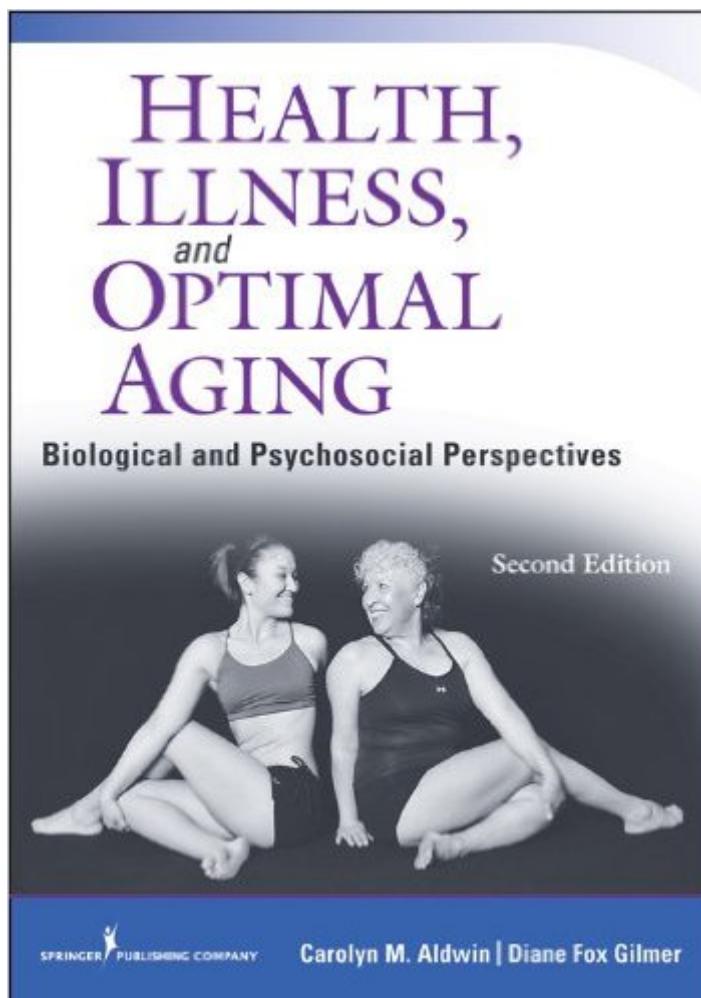


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Health, Illness, And Optimal Aging, Second Edition: Biological And Psychosocial Perspectives



Synopsis

"Aldwin and Gilmer have supplied an interesting textual model for examining health, illness, and aging. Their homogenized approach to aging research is refreshing and insightful."--Anthropology and Aging Quarterly"Clearly written at a level for college students, this is an excellent resource on aging...Highly recommended.--Choice: Current Reviews for Academic LibrariesSpanning the biological and psychosocial aspects of aging, this upper-level undergraduate and graduate text integrates current findings in biology, psychology, and the social sciences to provide comprehensive, multidisciplinary coverage of the aging process. This new edition incorporates the tremendous amount of research that has come to light since the first edition was published. From a physical perspective, the text examines age-related changes and disease-related processes, the demography of the aging population, aging theories, and how to promote optimal aging. Coverage of the psychosocial aspects of aging encompasses mental health, stress and coping, spirituality, and caregiving in later years. The authors address demographic, theoretical, and methodological issues on aging, including a worldwide overview of aging demographics. The book reviews biological and psychosocial theories and offers much-needed information on longitudinal design and statistics as they relate to aging research. It discusses the aging of the major organ systems, the brain and sensory systems, and the endocrine and immune systems; basic anatomy and physiology; normal, impaired, and optimal aging; and functional health. Psychosocial factors that affect health are addressed, including the interplay between physical health and mental health, stress, coping, and social support. The text also covers current issues in social gerontology, including such promising new trends as gerontechnology and Green Houses, and provides information on health promotion programs.

New to the Second Edition:Information involving retirement, volunteer opportunities, housing, and adaptation to health changes

Coverage of economics and aging, including information on social security and other retirement income and the future of Medicare and Medicaid

Significant new information about the regulatory systems

Revised and updated chapters on death and dying and optimal aging

Discussions on two models of optimal aging and valuable tips for its promotion

URLs to relevant websites for additional information

Book Information

File Size: 7682 KB

Print Length: 416 pages

Page Numbers Source ISBN: 0826193463

Publisher: Springer Publishing Company; 2 edition (January 17, 2013)

Publication Date: January 17, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00AUGCS36

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #620,543 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #25 in Kindle Store > Kindle eBooks > Medical eBooks > Nursing > Gerontology #58 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Developmental Psychology > Adulthood & Aging #81 in Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Geriatrics

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Love my book and it was exactly what I needed for my class. Thanks a bunch

Very thought provoking and interesting!

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