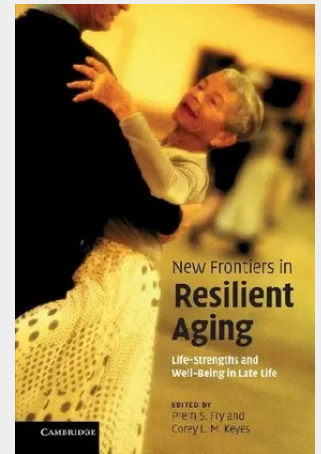


New Frontiers in Resilient Aging

Life-Strengths and Well-Being in Late Life. Edited by Prem S. Fry, Corey L.M. Keyes

A typically pessimistic view of aging is that it leads to a steady decline in physical and mental abilities. In this volume leading gerontologists and geriatric researchers explore the immense potential of older adults to overcome the challenges of old age and pursue active lives with renewed vitality. The contributors believe that resilience capacities diminishing with old age is a misconception and argue that individuals may successfully capitalize on their existing resources, skills and cognitive processes in order to achieve new learning, continuing growth, and enhanced life-satisfaction. By identifying useful psychological resources such as social connectedness, personal engagement and commitment, openness to new experiences, social support and sustained cognitive activity, the authors present a balanced picture of resilient aging. Older adults, while coping with adversity and losses, can be helped to maintain a complementary focus on psychological strengths, positive emotions, and regenerative capacities to achieve continued growth and healthy longevity.

A typically pessimistic view of aging is that it leads to a steady decline in physical and mental abilities. In this volume leading gerontologists and geriatric researchers explore the immense potential of older adults to overcome the challenges of old age and pursue active lives with renewed vitality. The contributors believe that resilience capacities diminishing with old age is a misconception and argue that individuals may successfully capitalize on their existing resources, skills and cognitive processes in order to achieve new learning, continuing growth, and enhanced life-satisfaction. By identifying useful psychological resources such as social connectedness, personal engagement and commitment, openness to new experiences, social support and sustained cognitive activity, the authors present a balanced picture of resilient aging. Older adults, while coping with adversity and losses, can be helped to maintain a complementary focus on psychological strengths, positive emotions, and regenerative capacities to achieve continued growth and healthy longevity.



60,90 €

60,90 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781107412491

Medium: Buch

ISBN: 978-1-107-41249-1

Verlag: Cambridge University Press

Erscheinungstermin: 09.10.2012

Sprache(n): Englisch

Auflage: Erscheinungsjahr 2012

Produktform: Kartoniert

Gewicht: 561 g

Seiten: 388

Format (B x H): 152 x 229 mm

