

Χαρακτηριστικά:

- Includes new chapters on diversity, migration, cultural contours of aging, and LGBTQ+
- Explores a wide range of topics, from cognitive aging and neuro-cognitive plasticity to cultural influences and the impact of social isolation on aging
- Bridges theory with practice by providing evidence-based strategies for promoting well-being and quality of life in older adults
- Offers insights from various disciplines, including psychology, gerontology, public health, and social work

Περιεχόμενα:

1. Psychological Concepts And Theories
2. Research Design And Measurement
3. Contexts
4. Cognitive Aging
5. Neuro-Cognitive Plasticity
6. Prospective Memory
7. Personality
8. Social Embedding (Friends, Volunteering)
9. Motivation And Control
10. Emotion And Stress Regulation
11. Views On Aging
12. Technology
13. Health Behaviors And Intervention
14. Work
15. Very Old Age
16. The Study Of Daily Life
17. Alternative Age Markers, Bio Clocks
18. Early Life Effects And Exposome
19. Climate Change
20. Cultural Contours Of Aging
21. Diversity, Inclusion
22. Migration, Displacement
23. LGBTQ
24. Solitude, Social Isolation, Loneliness