



Adult Development and Aging: Biopsychosocial Perspectives

Susan Krauss Whitbourne

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This completely updated third edition guides readers through the art of successful aging. Leading aging expert Susan Krauss Whitbourne focuses on how individuals can take an active role in their aging processes and make it a rewarding developmental period, filled with vitality and creativity. Written in a more conversational style, the book combines research and applied perspectives, providing an even balance between biological, social, cognitive, and personality theory as it relates to adulthood and aging.

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