



Journey of Adulthood

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Journey of Adulthood

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This best-selling book discusses the aspects of “successful aging,” covering growth and development from young adulthood to old age, and the impact that culture, gender, and individual differences have on these processes. Its conversational and positive tone keeps readers interested in the subject matter, as it encourages them to apply the concepts of the book to their own lives. It presents research findings, theories, and models from the fields of developmental psychology, social psychology, health psychology, sociology, and others to discuss topics of prevention, compensation, gains, and losses. For psychologists, sociologists, and gerontologists interested in a valuable resource for information about the aging process.

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