

# Adult Development and Aging: Biopsychosocial Perspectives

Susan Krauss Whitbourne

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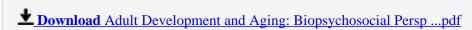
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Adult Development and Aging: Biopsychosocial Perspectives Susan Krauss Whitbourne
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explores the art of successful aging, focusing on how individuals can take an active role in the aging process
and make it a rewarding developmental period, filled with vitality and creativity.

Now revised with substantially updated references and recent findings, the second edition combines both
research and applied perspectives, and integrates information from the biological, cognitive, and
psychosocial perspectives as they relate to the middle and later years of adulthood. The text presents a
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