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Adult Development and Aging: Biopsychosocial Perspectives

Susan Krauss Whitbourne

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In this second edition of Adult Development and Aging: Biopsychosocial Perspectives, Susan Krauss Whitbourne makes an important contribution to the educational mission of the field by providing accurate and current information and a positive perspective on the years of adulthood and old age. Whitbourne 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 complete picture of the aging process, with enough information on both adulthood and later adulthood to allow instructors to alter their emphasis according to the needs and interests of students.

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