

ADULT DEVELOPMENT & AGING

BIOPSYCHOLOGICAL
PERSPECTIVES

3/E



SUSAN KRAUSS WHITBOURNE

Susan Krauss Whitbourne

Adult Development and Aging: Biopsychosocial Perspectives



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This completely up to date third edition guides readers through the art of effective aging. Written in a far more conversational design, the book combines analysis and applied perspectives, providing an even balance between biological, sociable, cognitive, and personality theory as it relates to adulthood and maturing. Leading aging expert Susan Krauss Whitbourne targets how individuals can take an active function in their aging procedures and make it a rewarding developmental period, filled with vitality and creativity.



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