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INTRODUCTION TO AGING

A Positive,
Interdisciplinary
Approach

SPRINGER PUBLISHING COMPANY

An abstract watercolor splash in shades of blue and green, located in the bottom half of the cover. The splash is irregular and textured, with darker blue and green areas at the bottom right and lighter blue areas towards the top left.

Judith A. Sugar PhD and

Introduction to Aging: A Positive, Interdisciplinary Approach



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This new textbook creates a paradigm shift with a very practical approach to problem solving. This text message can help springboard Gerontology in to the 21st Hundred years as the field creating excitement and expect students and teachers as well. Its concentrate on well care rather than just sick treatment by understanding conditioning, sexual fitness, consumer fitness, dietary fitness and cultural fitness amongst others, all point to aging as an asset resulting in civic fitness and the potential for intergenerational support. Aging is an asset. Director, Kupuna (Elder) Education Center Kapi'olani Community College University of Hawaii This research-based yet extremely engaging textbook for undergraduate and masters-level university students ushers in a fresh paradigm of aging-that of aging as a positive stage of life. Hayashida, Ph.D. Cullen T. Key Features: Conceptualizes aging in the us as a positive social revolution with far-reaching outcomes Dispels harmful myths about aging Engages the reader with vivid narratives Includes practical applications of knowledge through the entire text message Includes instructor's manual, PowerPoint slides, and resources for additional learning possibilities Targeted to the needs of undergraduate and masters-level gerontology students A discussion of functions in the family, workplace, and greater culture along with physical changes, wellness, sexuality, living environment, work, retirement, and cultural considerations reveal the challenges and possibilities faced by our quickly aging people. It sheds a positive light on getting older by viewing older people and near older as a diverse, able subset of our inhabitants. The volume dispels many of the myths about ageing through careful reporting of facts, problems, and trends. This text comes with usage of PowerPoint slides and an instructor's manual including learning objectives, key terms, test queries, recommended topics for essays and discussion, and suggested classroom activities and homework assignments. It provides an interdisciplinary perspective on the wide range of topics that comprise gerontology, using theoretical and research-based info while offering engrossing narratives and real types of new trends, surprising results, and controversial topics.



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Three Stars Was an inexpensive way to purchase the reserve for a college class Five Stars It found its way to perfect conditions! Five Stars Good Five Stars Great! Gracias.¡Llego en perfectas condiciones! Thanks.



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