



Recent Advances in Psychology and Aging (Advances in Cell Aging and Gerontology)

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Recent Events in the Psychology of Aging documents the successful integration of aging into the mainstream of psychology. Leading psychologists present overviews of the key issues and research findings on mainstream topics. These include cognitive neuroscience, visual attention, learning, memory and cognition, as well as personality and happiness. The intersection of aging content with mainstream psychology is also prominent in the areas of emotions, personality, and social psychology as seen in the chapters on subjective well-being, emotional development, self-esteem and personality trajectories.

The seven chapters of this book offer information on such topics as: the seven sins of memory, categorizing the common breakdowns of memory in everyday life and the special breakdown of sins that increase with aging; problems with attention and learning; and offers answers to questions such as do emotions get blunted with age; do older people focus more on positive feelings; and the age old question of whether older people are happier than younger people is given in the chapter on the evolving concept of subjective well-being and the multifaceted nature of happiness. Questions about what occurs to one's self-esteem and personality are also masterfully discussed and the answers may be surprising. The concluding seventh chapter provides a cultural lens on the biopsychosocial study of aging.

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