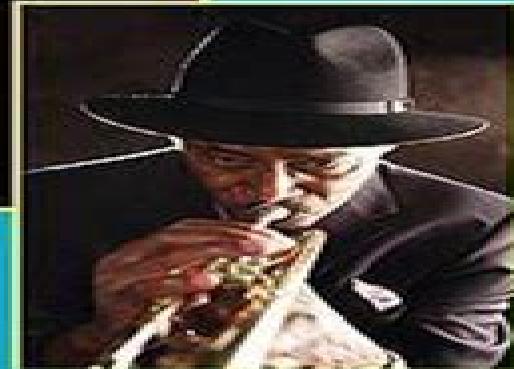
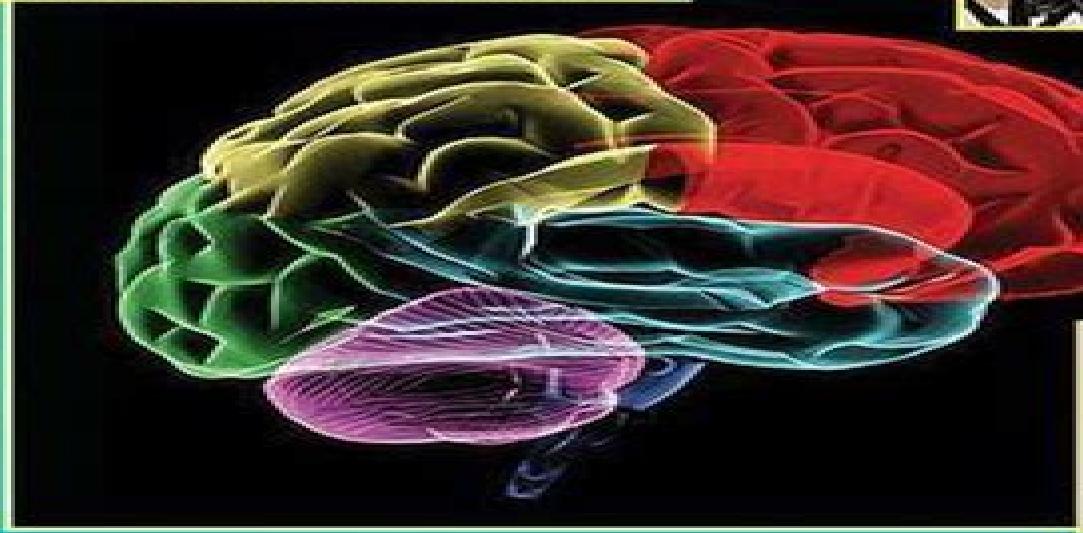


# SUCCESSFUL COGNITIVE AND EMOTIONAL AGING



*edited by*  
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# Successful Cognitive And Emotional Aging

**Colin A. Depp, Dilip V. Jeste**

## **Successful Cognitive And Emotional Aging:**

**Successful Cognitive and Emotional Aging** Colin A. Depp, Dilip V. Jeste, 2009-08-28 The critical importance of brain health to the well being of older adults is becoming increasingly clear. However an important aspect that interests most people relates to what clinicians and their adult patients and family members can do to retain and even improve cognitive and emotional functioning as they age. *Successful Cognitive and Emotional Aging* thoroughly discusses the neuroscience of healthy aging and presents effective strategies for staying lively, engaged, and positive. The book is organized into three parts. The first one focusing on behavioral and psychosocial aspects strives to place cognitive aging in a broad context. With chapters that explore such topics as the meaning of wisdom, the role of spirituality in healthy aging, and what centenarians can teach us about cognition and emotion, this section sets the stage for a rich, robust yet nuanced treatment of its subject. The second part addresses the biological aspects and presents the scientific foundations of cognitive aging as well as reviews the research on the role of factors such as stress, resilience, and diet. Finally, the third section addresses prevention and intervention strategies in a practical, down to earth fashion addressing questions such as: What environments encourage physical activity and How can we promote resilience? Several features of the book are especially noteworthy. The book bridges the gap between popular science for a lay audience and the heavily theoretical academic approach of other books on the aging brain, making it suitable not only for clinicians but for their patients and family members as well. The fascinating story of an innovative intergenerational school makes the case for meaningful activity not just for the older participants but for the entire community and is suggestive of the plethora of possible programs that might prove effective at keeping the older population engaged and contributing. Results from a 70 year longitudinal study are extensively reviewed and identify the coping strategies that seem to bring about well being in older age. The most promising strategies for successful aging, applicable to a large majority of the population are summarized by the editors so that clinicians as well as consumers of healthcare may implement them as they see fit. As the baby boomers reach what used to be considered old age, the demand for evidence based strategies for retaining and improving cognition will only increase. Fortunately, as the editors note, it is never too early or too late to start working toward the goal of improving brain health.

[Psychophysiological Investigation of the Mechanisms Underlying Successful Cognitive and Emotional Aging](#) Laura Katharina Karim, 2016 **Emotion and Aging: Recent Evidence from Brain and Behavior** Natalie Ebner, Håkan Fischer, 2015-05-05 Emotions play a central role in every human life from the moment we are born until we die. They prepare the body for action, guide decisions, and highlight what should be noticed and remembered. Since emotions are central to daily functioning and well being, it is important to understand the extent to which aging affects the perception of attention to memory for as well as experience and regulation of emotions. An early scientific view of how people's emotions are affected by aging argued that aging led to a deterioration of emotional function. This theory, represented by for example Carl Jung (1875-1961) claimed that old age is a period of life when

people feel an increased emotional sameness and less emotional energy According to this scientific view the aging emotional landscape was bleached barren and flattened Current psychological research however shows that emotion is rather a psychological domain that is relatively unaffected by the aging process or even improves with age in contrast to most cognitive functions For example even though there is evidence that aging is associated with deficits in emotion recognition various emotional functions seem to remain intact or become better with age such as the ability to regulate one's emotions or the extent of experiencing positive emotions However more research is needed to determine brain and behavior related quantitative and qualitative age related changes of different aspects of emotion processing and emotional functioning In the current Frontiers research topic we aim to present exciting new findings related to the effects of healthy aging on both more perceptually driven bottom up as well as more cognitively driven top down aspects of emotions In particular questions such as the following need to be raised and addressed What neural and behavioral processes are underlying age differences in emotion perception and memory for emotional information Are there differences between how older and younger adults experience and regulate their emotions and what drives these differences Is there a gradual reduction or more of a qualitative change of our emotional experiences over the life cycle from the turbulent childhood and youth to the mellower old age And what aspects of age related changes in emotional processing can be explained by age related changes in the brain and which are more affected by other factors such as changes in other body systems in experiential processes or in overall life goals

Better with Age Dr. Alan D. Castel, 2018-08-01 Age is an important number but it can also be deceiving After 40 most people say they feel younger than their years some lie about their age and many attempt to hide the signs of growing old Better with Age addresses the many myths and paradoxes about the aging process Although most people think of their later years in terms of decline they can be one of the best times in life This book presents the latest scientific research about the psychology of aging coupled with insights from those who have succeeded in doing it well such as Maya Angelou Bob Newhart Jared Diamond John Glenn and John Wooden We are all aging and many people are concerned about what to expect with advancing years Retirement happiness and brain health are some of the many topics covered in this book Better with Age shows what we can do now at any stage in life to make sure we enjoy old age

Advances in Surgical and Medical Specialties Raj Bawa, 2023-07-14 The pace and sophistication of advances in medicine in the past two decades have been truly breathtaking This has necessitated a growing need for comprehensive references that highlight the current issues in specific sectors of medicine Keeping this in mind each volume in the Current Issues in Medicine series is a stand alone text that provides a broad survey of various critical topics in a focused area of medicine all accomplished in a user friendly yet interconnected format However unlike other series on medicine or medical texts this series focuses on current trends perspectives and issues in medicine that are central to healthcare delivery in the 21st century Medical practitioners today continue to improve upon techniques and technologies to provide procedures for patients that are safer faster less invasive

and more accurate a direct consequence of advances in technological breakthroughs from a variety of medical and engineering fields In order to render modern patient care it is imperative that surgeons and medical practitioners stay current with these latest advances in their respective specialties Given this backdrop the specific topics covered in this volume and the expertise of the contributing authors accurately reflect the rapidly evolving areas within surgical and medical specialties While recognising how expansive and multifaceted medicine is Advances in Surgical and Medical Specialties addresses crucial recent advances in surgical and medical specialties intergrating the knowledge and experience of experts from academia and practicing surgeons The multidisciplinary approach reflected here makes this volume a valuable reference resource for medical practitioners medical students nurses fellows residents undergraduate and graduate students educators venture capitalists policymakers and biomedical researchers A wide audience will benefit from having this volume on their bookshelf health care systems the pharmaceutical industry academia and government **The End of Old Age** Marc E. Argonin,2018-01-16 The acclaimed author of *How We Age* whose descriptive powers are a gift to readers Sherwin Nuland presents a hopeful and practical model of aging a guide to understanding how we can all make the journey better As one of America s leading geriatric psychiatrists Dr Marc Agronin sees both the sickest and the healthiest of seniors He observes what works to make their lives better and more purposeful and what doesn t Many authors can talk about aging from their particular vantage points but Dr Agronin is on the front lines as he counsels and treats elderly individuals and their loved ones on a daily basis The latest scientific research and Dr Agronin s first hand experience are brilliantly distilled in *The End of Old Age* a call to no longer see aging as an implacable enemy and to start seeing it as a developmental force for enhancing well being meaning and longevity Throughout *The End of Old Age* the focus is squarely on So what does this mean for me and my family In the final part of the book Dr Agronin provides simple but revealing charts that you can fill out to identify develop and optimize your unique age given strengths It s nothing short of an action plan to help you age better by improving how you value the aging process guide yourself through stress and find ways to creatively address change for the best possible experience and outcome **Handbook of Life-Span Development** Karen L. Fingerman,2011 Print

CourseSmart **Hazzard's Geriatric Medicine and Gerontology, 7E** Jeffrey B. Halter,Joseph G. Ouslander,Stephanie Studenski,Kevin P. High,Sanjay Asthana,Nancy Woolard,Christine S. Ritchie,Mark A. Supiano,2016-11-18 The gold standard text on the diagnosis and treatment of disorders affecting the elderly completely updated with a new full color presentation A Doody s Core Title for 2021 The definitive treatise on the subject of geriatrics this comprehensive text combines gerontology principles with clinical geriatrics offering a uniquely holistic approach to this ever expanding area of medicine Written by some of the world s most respected geriatricians Hazzard s *Geriatric Medicine and Gerontology* Seventh Edition presents up to date evidence based information in a rich new full color design Unmatched as a textbook this classic is also valuable to fellows in geriatric medicine Hazzard s *Geriatric Medicine and Gerontology* Seventh Edition is logically divided into five

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**Gerontology Research Methods** Leigh Riby,2016-12-08 The Handbook of Gerontology Research Methods offers a clear understanding of the most important research challenges and issues in the burgeoning field of the psychology of aging As people in developed countries live longer so a range of research methods has evolved that allows a more nuanced understanding of how we develop psychological and neurologically Allied to this is an increasing concern with the idea of well being a concept which places cognitive performance and development within a more socially grounded context With contributions from a range of top international scholars the book addresses both typical and atypical aging highlighting key areas such as physical and cognitive exercise nutrition stress diabetes and issues related to death dying and bereavement Successful ageing is emphasised throughout the text Each chapter concludes with a series of practical tips on how to undertake successful research in this area This unique collection is the first book to provide both a concise overview of the major themes findings and current controversies in this growing field as well as an understanding of the practical issues when researching older adults which may impact on research outcomes intervention policy and future directions Designed for both students and researchers interested in the psychology of aging but also highly relevant for students or researchers in related fields such as health psychology and social care the Handbook of Gerontology Research Methods is essential reading for anyone wishing to understand more about the psychology of aging *The American Journal of Psychiatry* ,2009

**Successful Aging** Paul Boris Baltes,Margret M. Baltes,1993-05-28 More and more people live into old age This demographic revolution underscores the fact that old age is the last uncharted and unattended phase of the life cycle

**Successful Aging** Douglas D. Friedrich,2001 The author focuses on integrating discipline specific research and theory about aging particularly aging in later adulthood in language that is understandable to practitioners of diverse educational backgrounds **BOOK JACKET Aging and Development** Peter G. Coleman,Ann O'Hanlon,2017-02-03 The psychology of aging usually focuses upon cognitive changes with a particular focus on dementia and other forms of cognitive decline But getting older is about more than simply changes to the brain and related health issues Changes to our social and emotional

lives are also hugely significant as we adapt across our lifespan. The second edition of Aging and Development is the only textbook available that responds to the growing interest in social, personal and emotional development in older age. Ideally suited to complement texts on cognitive change, the book provides a holistic developmental perspective on aging. It highlights a range of issues including the development of personal meaning and spirituality, improvements in emotional control, uses of reminiscence and life review, the importance of healthy attitudes to aging as well as the maintenance of close personal relationships. It does not avoid the difficult issues of late life decline but illustrates how even in circumstances of physical and mental frailty a positive sense of self can be created and enhanced. Fully updated to provide the most cutting edge overview on this burgeoning topic of interest, Aging and Development includes a glossary and list of useful websites both on the study of gerontology and the psychology of aging. It will be essential reading for all students of developmental psychology as well as anyone either training to work or already working with older people.

### **Successful Aging** Susan Krauss Whitbourne, 2014-06-11

As the Baby Boomer cohort moves from middle to later adulthood it is likely this generation will redefine what it means to age. Growing older will no longer be synonymous with loss and decline. In fact it is true that the majority of older adults today live fulfilling lives. This special issue discusses ways in which older adults can age successfully, that is how individuals can maintain their physical and cognitive health as well as maintain a healthy engagement with life. Also addressed are the universal challenges faced by older adults in their pursuit to age successfully. The objective of this collection is to serve as a stimulus to future research on aging and change in the later years of life. It presents an outstanding array of articles that cover a range of central issues in this area of study. Each author provides a unique insight into the mystery and challenge that awaits us all: the ability to age successfully.

### *The British National Bibliography* Arthur James Wells, 2009

GeroPsychology Rocío Fernández Ballesteros, 2007 In this outstanding book leading experts from throughout Europe provide a fascinating overview of the most important psychological research into aging with special emphasis on training and professional issues as well as science. In terms of its population Europe is the oldest continent in the world thus placing European research into the effects and implications of an aging population in a unique position. As this book shows the aging of the population should be considered a positive phenomenon that reflects sociopolitical, educational, biomedical and psychological development. The real threat for our population is not aging but disability and the challenge for the 21st century is to reduce dependency and disability and thus improve well-being and quality of life rather than increasing life expectancy. The recent United Nations 2nd International Plan of Action on Aging and its Research Agenda on Aging for the 21st Century as well as policies of the European Federation of Psychologists Associations tell us that psychology and psychologists will play an essential part in meeting this challenge. This book shows how.

### Adult Development and Aging

William J. Hoyer, John M. Rybash, Paul Roodin, 1999 This edition offers a clear account of the salient issues and concerns that dominate the field of adult development. Gender differences and race/ethnic diversity are discussed in their relation to all

major topics There is also new coverage on the impact of religion and spirituality [The Psychotherapist's Guide to Neuropsychiatry](#) James M. Ellison, Cheryl Weinstein, Teresa Hodel-Malinofsky, 1994 [The Psychotherapist's Guide to Neuropsychiatry](#) Diagnostic and Treatment Issues provides the psychotherapist with an overview of brain disorders that affect behavior Integrating psychodynamic cognitive behavioral medical and neuropsychological viewpoints experienced clinicians address ways that psychotherapists can identify and respond to the special needs of patients with neuropsychological dysfunction Designed to be valuable to all mental health professionals especially those with limited backgrounds in neuropsychiatry this nuts and bolts volume combines clinical examples clear illustrations and informative tables in an organized and straightforward fashion [Active Aging](#) Rocío Fernández Ballesteros, 2008 Aging well and continuing to be active are often regarded as the goals in life from individual family community and population perspectives This implies good health and physical fitness good cognitive and positive emotional motivational functioning and social participation and engagement [Creativity and Successful Aging](#) Carolyn E. Adams-Price, 1998 Creative expression in later life can be linked directly to successful aging Beginning with theoretical models of creativity and life span development the contributors examine the factors that influence creative exploration environmental social gender cognitive and personality New theories on creative productivity in late life are presented which suggest that the potential for creativity is present in many older adults Using longitudinal studies and qualitative interviews the contributors look at the role creativity plays in the lives of elders and the way that creativity aids in the adaptation to physical aspects of aging problem solving and life reminiscing A variety of viewpoints are presented from the perspectives of cognitive aging researchers creativity researchers and experts in a variety of creative domains This text is a useful addition to courses in hermeneutics and critical gerontology

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