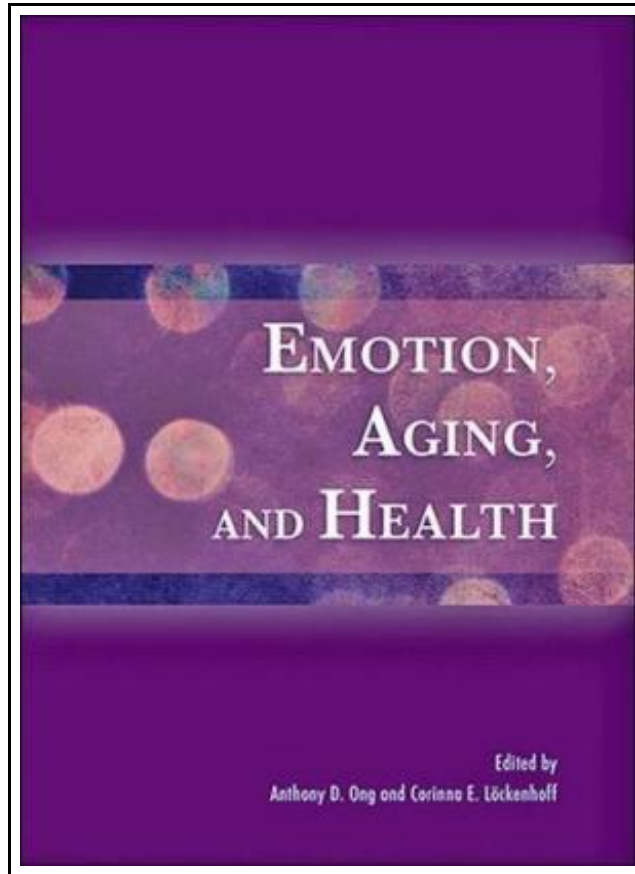


Emotion, Aging, and Health (Hardback)



Filesize: 3.9 MB

Reviews

Complete guide! Its this kind of very good read through. This is certainly for all who statte there was not a worthy of looking at. I am just quickly will get a delight of looking at a composed publication.
(Kacie Carroll)

EMOTION, AGING, AND HEALTH (HARDBACK)



American Psychological Association, United States, 2016. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Although older adults face significant health challenges, they tend to have better emotion regulation skills than younger or middle-age adults. Why is this so? And how might we use this knowledge to promote better health and well-being in adulthood and later life? This book explores the reciprocal relations between aging and emotion, as well as applications for promoting mental and physical health across the lifespan. The authors discuss the neural and cognitive mechanisms behind age-related shifts in affective experience and processing. In addition to presenting emotion regulation strategies for offsetting age-related declines in mental and physical functioning, the book examines the role of culture and motivation in shaping emotional experience across the lifespan, as well as the factors defining boundary conditions between human illness and human flourishing in old age. By highlighting these major advances in interdisciplinary research, the authors suggest promising avenues for intervention.



Read Emotion, Aging, and Health (Hardback) Online



Download PDF Emotion, Aging, and Health (Hardback)

You May Also Like



To Thine Own Self

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Carefree and self assured Carolyn loves her life. Her uncle runs...

[Download eBook »](#)



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

[Download eBook »](#)



The Voyagers Series - Africa: Book 2

Voyagers Series, Inc., United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

[Download eBook »](#)



Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

[Download eBook »](#)



Plentyofpickles.com

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Interested in taking a peek into the world of internet dating? Then order...

[Download eBook »](#)