

Yet we live in diverse contexts that have a unique effect on each of us.

Lifespan development and lifelong learning

Physical development involves growth and changes in the body and brain, the senses, motor skills, and health and wellness. In this volume, Michael Rutter and Marjorie Rutter chart out in nontechnical language a comprehensive and vivid map of human growth from cradle to grave. Dating, romance, cohabitation, marriage, having children, and finding work or a career are all parts of the transition into adulthood.

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The concept of continuous development can be visualized as a smooth slope of progression, whereas discontinuous development sees growth in more discrete stages. As you may have already noticed, physical, cognitive, and psychosocial development are often interrelated, as with the example of brain development.

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