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Nota di contenuto	Contents; Contributors; Preface; 1. Societal Influences That Affect Cognitive Functioning in Old Age; 2. Wisdom in Social Context; 3. Social Influences on Adult Personality, Self-Regulation, and Health; 4. Social Norms, Rules of Thumb, and Retirement: Evidence for Rationality in Retirement Planning; 5. Race and Self-Regulatory Health Behaviors: The Role of the Stress Response and the HPA Axis in Physical and Mental Health Disparities; Index
Sommario/riassunto	This collection considers ways in which societal contexts influence aging by influencing self-regulatory processes. No one doubts that the social contexts in which individuals develop exert strong influence on life trajectories. Those born into environments that provide high quality education, supportive social relations, and economic assets do better in old age than those born into environments bereft of such resources. The extent of this influence, however, is only beginning to be revealed. Recent research shows that life experiences influence basic brain structures (e.g. the effect of music

