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## Sommario/riassunto

""This volume is uncontestedly the most comprehensive and authoritative work on the subject of self-care available to date. It should set the stage for a new policy perspective on building a health care system that incorporates self-care at its core.""-- Lowell S. Levin, Yale School of Public Health. Practitioners and researchers who work with older adults are challenged to find ways to strengthen an elderly person's capacity to cope with age-related changes that threaten independence. This volume assesses the efficacy of self-care in maintaining autonomy. It applies a broad definition of self

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