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Titolo	Middle adulthood [[electronic resource]] : a lifespan perspective // editors, Sherry L. Willis, Mike Martin
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Descrizione fisica	1 online resource (441 p.)
Altri autori (Persone)	WillisSherry L. <1947-> MartinMike <1965->
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Soggetti	Middle age Middle age - Social aspects Middle-aged persons - Social conditions Electronic books.
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Contents; Preface; PART I: The Study of Middle Age; 1 - Historical Perspectives of Middle Age Within the Life Span; 2 - The Midlife Generation in the Family; PART II: Early Life Influences on Middle Age; 3 - Genetic Influences on Midlife Functioning; 4 - Personality in Young Adulthood and Functioning in Middle Age; 5 - Impact of Past Transitions on Well-Being in Middle Age; 6 - Cognitive Development in Midlife; 7 - The Development of Physical and Mental Health From Late Midlife to Early Old Age; 8 - Cognitive Trajectories in Midlife and Cognitive Functioning in Old Age 9 - Self-Development at Midlife 10 - Middle Age and Identity in a Cultural and Lifespan Perspective; 11 - Metacognition in Midlife; PART IV: Summary and Future Directions; 12 - Midlife Development; Author Index; Subject Index
Sommario/riassunto	Factors in adolescence and young adulthood can impact how we function in midlife, as can sociocultural factors, and how we develop in middle age can influence how well we cope in our later years. This book explores these issues by bringing together a group of contributors associated with longitudinal studies.

