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Titolo	Coping with aging [[electronic resource] /] / Richard S. Lazarus and Bernice N. Lazarus
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Altri autori (Persone)	LazarusBernice N
Disciplina	305.26
Soggetti	Older people Adjustment (Psychology) in old age Aging - Psychological aspects
Lingua di pubblicazione	Inglese
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 221-233) and index.
Nota di contenuto	The typical course of aging -- The emotions and research problems -- Coping -- The environment -- The personality -- Family and friends -- A different doctor for every organ -- Loss of a useful function in life : work -- Psychological treatment -- Principles of successful aging.
Sommario/riassunto	Examines the experience of aging from the standpoint of the individual, rather than merely as a collection of statistics and charts. This title looks at aging, emotion and coping, and stability and change in both environment and personality. It is useful for scholars and also accessible to the lay audience.