

1. Record Nr.	UNINA9910791007803321
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Titolo	Lighter as we go : virtues, character strengths, and aging // Mindy Greenstein, Jimmie Holland
Pubbl/distr/stampa	Oxford, England : , : Oxford University Press, , 2015 ©2015
ISBN	0-19-936097-9 0-19-936096-0
Descrizione fisica	1 online resource (306 p.)
Classificazione	PSY044000PSY039000PSY031000
Disciplina	305.260973
Soggetti	Aging - Social aspects Aging - Psychological aspects Well-being - Age factors Middle age - Psychological aspects Middle age - Social aspects Older people - Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Machine generated contents note: -- Introduction -- Part I: Character, Character Strength, and Continuity Over Time -- Chapter 1. The Oak Tree and the U-Bend: Age, Well-Being, and the Experience of Me-ness -- Chapter 2. A Look at the Grownup Years -- Chapter 3. Character Strengths and Virtues -- Chapter 4. Older Age in the Olden Days: A History of Aging in the Western World -- Part II: The Virtues -- Chapter 5. The Virtue of Transcendence: Beyond the Self -- Chapter 6. The Underappreciated Virtue of Humor: You Can't Spell Joy Without the Oy -- Chapter 7. The Virtues of Humanity and Social Justice: Do Unto Others -- Chapter 8. The Virtue of Courage: If I Only Had the Nerve -- Chapter 9. The Virtue of Wisdom: Knowing What We Don't Know -- Chapter 10. The Virtue of Temperance: Moderation in All Things (almost) -- Chapter 11. The Virtue of Passing on to the Next Generation: The Bridge Between Past and Future -- Part III Putting the Virtues to Work -- Chapter 12. When Older Doesn't Feel Lighter: Loneliness and Social Isolation -- Chapter 13. The Virtue of

Sommario/riassunto

"The fears of aging have been one long cascading domino effect through the years: twenty year-olds dread thirty; forty year-olds fear fifty; sixty fears seventy, and so it goes. And there is something to worry about, though it isn't what you'd expect: research shows that having a bad attitude toward aging when we're young is associated with poorer health when we're older. These worries tend to peak in midlife; but in *Lighter as We Go*, Mindy Greenstein and Jimmie Holland show us that, contrary to common wisdom, our sense of well-being actually increases with our age--often even in the presence of illness or disability. For the first time, Greenstein and Holland--on a joint venture between an 85 year-old and a fifty year-old--explore positive psychology concepts of character strengths and virtues to unveil how and why, through the course of a lifetime, we learn who we are as we go. Drawing from the authors' own personal, intergenerational friendship, as well as a broad array of research from many different areas--including social psychology, anthropology, neuroscience, humanities, psychiatry, and gerontology--*Lighter as We Go* introduces compassion, justice, community, and culture to help calm our cascading fears of aging"--

"Contrary to common wisdom and the fears of mid-lifers, our sense of well-being actually goes up in older age, even in the presence of illness or disability. *Lighter as We Go* is the first book to explore how and why that is, drawing on positive psychology concepts of character strengths and virtues"--
