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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	What is resilience in the context of aging? -- Psychological emotional resilience and cognitive resilience -- Resilience and longevity -- Biomarkers and the neurobiology of resilience -- Gene-environment interaction and resilience -- Common stressors of old age and their effect on resilience -- Spirituality and aging -- Social models of promoting resilience -- Cultural and ethnic factors in understanding and building resilience -- Measuring resilience in older adults -- Resilience-promoting interventions -- Building resilient communities for older adults -- Resilience-building interventions and prevention of chronic diseases of aging -- Epilogue and future directions.