



Positive Aging: A Guide for Mental Health Professionals and Consumers (Hardback)

By Robert D. Hill

WW Norton Co, United States, 2006. Hardback. Condition: New. Language: English . Brand New Book. Retirement, senility, disability, and death were all notions previously associated with growing old. Today, with the average life span of men and women in the United States exceeding 76 years, the words successful, optimal, and positive dominate the lexicon of scientists and, increasingly, the general public. We not only plan to live longer, but expect to enjoy a superior standard of physical and emotional health for longer than any previous generation. Leading an active and purposeful life no longer stops at the outdated 65-year mark of retirement, but continues well into what was once termed old age. With these changing attitudes comes the need for new conceptualizations of what it means to grow old. In a groundbreaking book, Robert Hill, a psychologist, professor, and leading researcher in geriatric care, rethinks the traditional ideas we have of aging by offering us a new framework from which to understand the nature of growing old. Positive Aging offers a more innovative model of old age that focuses on achieving and fostering a positive mindset. In doing so, Hill not only explores the social and psychological trends of aging...



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