



Adult Development and Aging: Biopsychosocial Perspectives

By Susan Krauss Whitbourne

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This completely updated third edition guides readers through the art of successful aging. Leading aging expert Susan Krauss Whitbourne focuses on how individuals can take an active role in their aging processes and make it a rewarding developmental period, filled with vitality and creativity. Written in a more conversational style, the book combines research and applied perspectives, providing an even balance between biological, social, cognitive, and personality theory as it relates to adulthood and aging.

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Editorial Review

From the Back Cover

Discover the art of successful aging

Henri Matisse's "les bêtes de la mer" (featured on the cover of this text) is not only one of his most daring works in terms of color and level of abstraction, it's also one of the last works of his brilliant career. Created in his seventies, this stunning collage of colored paper shows that older adulthood can be filled with vitality and creative spirit.

In **ADULT DEVELOPMENT AND AGING: BIOPSYCHOSOCIAL PERSPECTIVES** leading aging expert Susan Krauss Whitbourne explores both the art of successful aging, as well as the latest research on aging and adult development. Presenting a complete picture of the aging process, the text addresses the biological, psychological, and sociocultural aspects of adult development on one integrated framework.

Whitbourne's hands-on, student-oriented approach enables readers to:

- Explore current research and biopsychosocial issues that cut across disciplinary lines
- Find out where the field is heading
- Meet leading researchers studying adult development
- Promote successful aging through compensative and preventative strategies
- Assess your understanding of key topics discussed in the text

About the Author

Susan Krauss Whitbourne, Ph.D., is Professor of Psychology at the University of Massachusetts at Amherst and winner of the College of Arts and Sciences Outstanding Teacher Award from the University of Massachusetts. Author of 10 books and more than 100 journal articles and book chapters, Professor Whitbourne is regarded as an expert in the field of personality development in adulthood and old age. She is currently APA Council Representative and is a President of Division 20 (Adult Development and Aging) of the American Psychological Association. She also serves on the Division 2 (Teaching of Psychology) publications committee.

Users Review

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Joann Hamilton:

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Jared Smith:

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