

## The Psychology of Aging: Theory, Research, and Interventions

By Janet K. Belsky



**The Psychology of Aging: Theory, Research, and Interventions** By Janet K. Belsky

This pioneering text is the only book to comprehensively explore both research and practice in the psychology of aging and to bring home the actual aging experience through the use of innovative narrative accounts. Because she limits coverage to the older years, Janet Belsky's text is able to offer an in-depth portrait of all aspects of the field--from traditional research, to concrete applications, to the crucial issues we as a society face as our population ages. With chapters constructed to unfold like a novel, this third edition of THE PSYCHOLOGY OF AGING genuinely integrates the field, highlighting the interconnections between concepts, research, and applications. These interconnections offer students a sense of an evolving, coherent discipline. The book is carefully planned to bring home how research applies to real lives. Belsky skillfully uses personal examples to highlight how concepts apply to people, and goes beyond the research to conduct her own interviews with aging professionals and older adults. Scholarly, research-oriented, and intellectually stimulating, THE PSYCHOLOGY OF AGING offers a rare, inside glimpse into the field of aging and the aging experience as it is actually lived.



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#### The Psychology of Aging: Theory, Research, and Interventions By Janet K. Belsky Bibliography

Sales Rank: #623796 in BooksBrand: Brand: Cengage Learning

Published on: 1998-09-01Released on: 1998-09-01Original language: English

• Number of items: 1

• Dimensions: 9.25" h x 1.09" w x 7.38" l, 2.00 pounds

• Binding: Paperback

• 480 pages

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#### **Editorial Review**

#### Review

"Professor Belsky is an exceptionally gifted scholar and writer. Her illustrations and descriptions of research reveal accuracy and clarity that is almost touching. One of the gems in this book is beginning each chapter with a story from real life that focuses on what will be discussed in the chapter. . . . Throughout each chapter is sprinkled other anecdotes from real life that illustrate what the author is discussing in the more scholarly sections of the chapter. Such examples reinforce what I have thought all along, that textbooks need not be boring to read or sluggish to get through."

"Overall, I am impressed with the text. Specifically, I think that the topics would be of interest to both faculty and students. Moreover, the author does a nice job covering the requisite academic areas and discussing some issues not typically covered in a psychology of aging text. I particularly liked the issues approach to the text."

About the Author Ph.D. University of Chicago

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