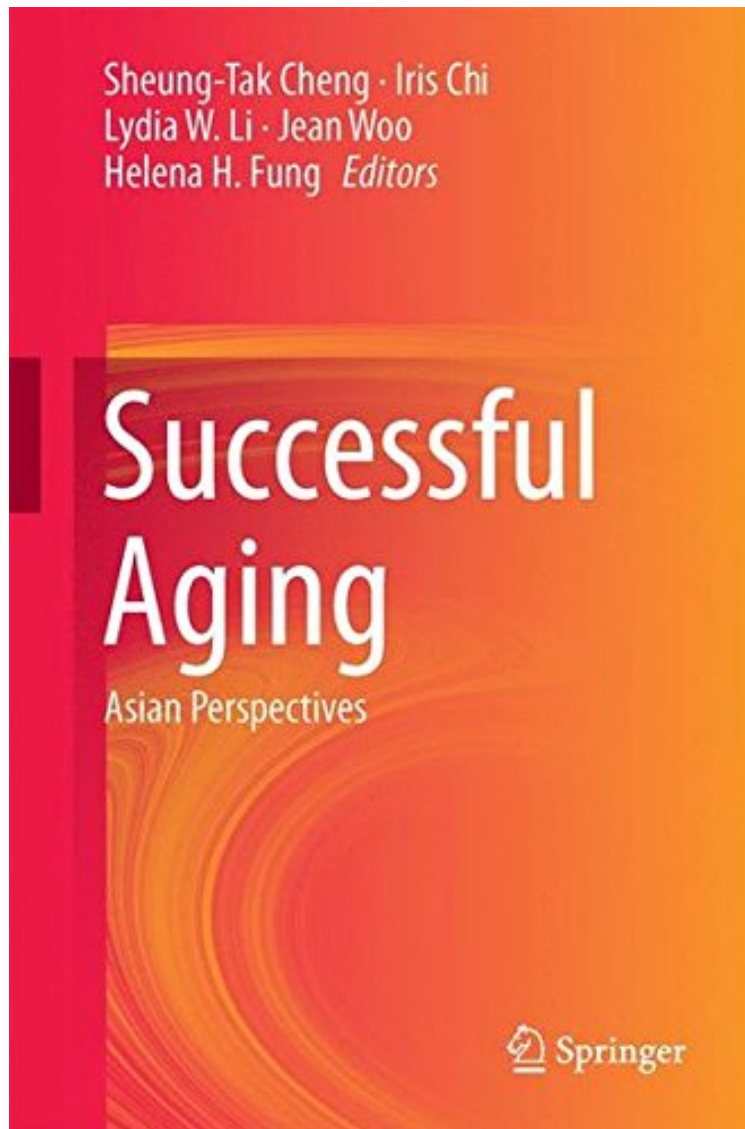


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## Successful Aging: Asian Perspectives

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This book brings together state-of-the-art research on successful aging in Asian populations and highlights how the factors that contribute to successful aging differ from those in the West. It examines the differences between the Asian

and Western contexts in which the aging process unfolds, including cultural values, lifestyles, physical environments and family structures. In addition, it examines the question of how to add quality to longer years of life. Specifically, it looks at ways to promote health, preserve cognition, maximize functioning with social support and maintain emotional well-being despite inevitable declines and losses. Compared to other parts of the world, Asia will age more quickly as a result of the rapid socioeconomic developments leading to rising longevity and historically low fertility rates in some countries. These demographic forces in vast populations such as China are expected to make Asia the main driver of global aging in the coming decades. As a result, researchers, professionals, policymakers, as well as the commercial sector, in both East and West, are increasingly interested in gaining a deeper understanding of aging in Asia.

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About the Author Sheung-Tak Cheng is Chair Professor and Head of the Department of Psychological Studies, Hong Kong Institute of Education. He has published over 70 articles in psychology and gerontology, and was asked to write reviews on international aging issues for the United Nations. He serves on the editorial board of *Psychology and Aging*. He is currently the Principal Investigator of three competitive grants funded by the Research Grants Council of Hong Kong. His most recent research is focused on the stress and burden of dementia caregivers and ways to help them. He has also done extensive work on the intergenerational transfer of social capital, in terms of how the interactions of older and younger people benefit each other and in terms of younger persons support to older persons when the latter become dependent. Besides, he is recognized for his work to improve the quality of life of nursing home residents. He is Fellow of the American Psychological Association and the Association for Psychological Science and recipient of the Outstanding International Psychologist Award from the American Psychological Association (Division 52) for his work on international aging.