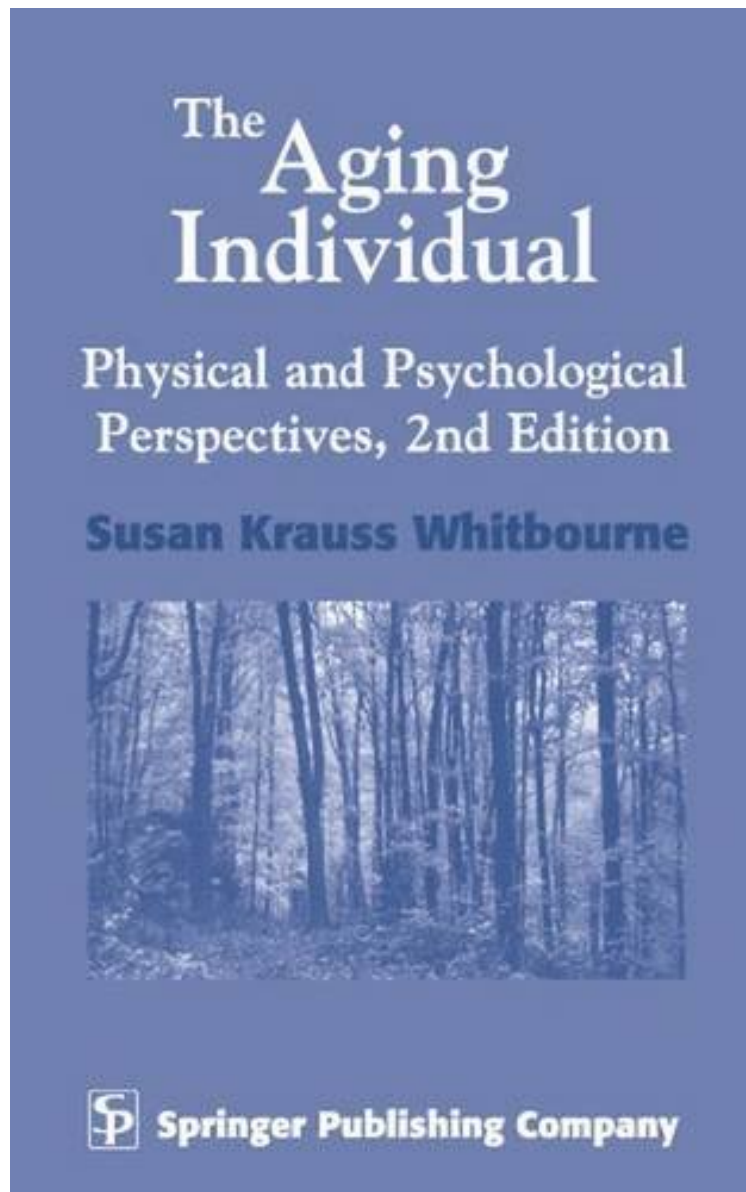


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The Aging Individual: Physical and Psychological Perspectives, 2nd Edition

Susan Krauss Whitbourne PhD

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Continuing in the tradition of the first edition, Whitbourne's identity process model serves to integrate the physiological with a psychological perspective. The effects of physical changes on the individual are examined in terms of identity, as well as the impact of identity on the interpretation of these changes. The preventive and compensatory steps that individuals can take to offset the aging process are explored as well. As with the first edition, a major strength of this text is the author's illumination of complex biological concepts in a clear and accessible style. The Second Edition includes new material focusing on demographic statistics, chronic diseases, the biopsychosocial perspective, and successful aging. This edition also features new charts, tables, and figures to highlight the text. This is an excellent text for advanced undergraduate and graduate students in the fields of psychology, gerontology, and social work.

"The Aging Individual is a thought provoking blending of physiology and psychology. Ideally, students in the rehabilitation specialties would have the benefit of such integration at the beginning of their studies. For clinicians, this book offers substantial evidence and many worthwhile observations. It is exceptionally well written and deserves the attention of clinicians who interact with older people." ---Joan E. Edelstein, MA, PT, FISPO "The Aging Individual provides a comprehensive, up-to-date, and realistic overview of aging. In an easy-to-read and understandable manner, Dr. Whitbourne conveys the basic concepts, methods, theories, and facts regarding the interplay between psychological and physiological processes. She should be congratulated on her accomplishment." --Ronald P. Abeles, PhD, President, APA Division (20) on Adult Development and Aging From the Back Cover "Continuing in the tradition of the first edition, Whitbourne's identity process model serves to integrate the physiological with a psychological perspective. The effects of physical changes on the individual are examined in terms of identity, as well as the impact of identity on the interpretation of these changes. The preventive and compensatory steps that individuals can take to offset the aging process are explored as well. As with the first edition, a major strength of this text is the author's illumination of complex biological concepts in a clear and accessible style. The Second Edition includes new material focusing on demographic statistics, chronic diseases, the biopsychosocial perspective, and successful aging. This edition also features new charts, tables, and figures to highlight the text. This is an excellent text for advanced undergraduate and graduate students in the fields of psychology, gerontology, and social work. "