



Annual Review of Gerontology and Geriatrics, Volume 32, 2012: Emerging Perspectives on Resilience in Adulthood and Later Life

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This collection is a timely and excellent contribution to the study of resilience and the field of gerontology."-
-**Anthropology and Aging Quarterly**

This state-of-the science, multidisciplinary *Annual Review of Gerontology and Geriatrics* provides a comprehensive examination of critical issues on resilience in a variety of life domains central to the well-being of older persons. It examines the role of resilience in determining adjustment and function in the domains of health, grief and bereavement, physical activity and functioning, spirituality, work, retirement, intellectual/cognitive functioning, coping with life events, care giving, and mental health interventions.

The first section of the book addresses such domains of resilience as immunological function, stress and mood disorders, emotional and cognitive resilience, adjustment to cultural and environmental changes, and spirituality. Section two is concerned with practical applications of resilience. A developmental family perspective is used to examine differences in adaptation to age-related challenges. The role of resilience in geriatric rehabilitation is discussed as is adaptive coping in regard to loss and trauma. The text also explores resilience in regard to career management, retirement, and volunteerism, considers resilience as a component of health in regard to public policy, and examines exemplary public health programs and policies and the relationship of resilience to health care finance. Also addressed is resilience in caregiving as a mutually beneficial process, clinical interventions that enhance resilience, and resilience from a lifespan developmental perspective.

Key Features:

- Synthesizes the best current research in the field, with direct practice implications
- Addresses resilience in regard to immunological function, emotional and cognitive resilience, and spirituality
- Explores the role of resilience in geriatric rehabilitation, career management and retirement, person-environment fit, and public health and policy
- Examines directions for future research and resilience-oriented interventions

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