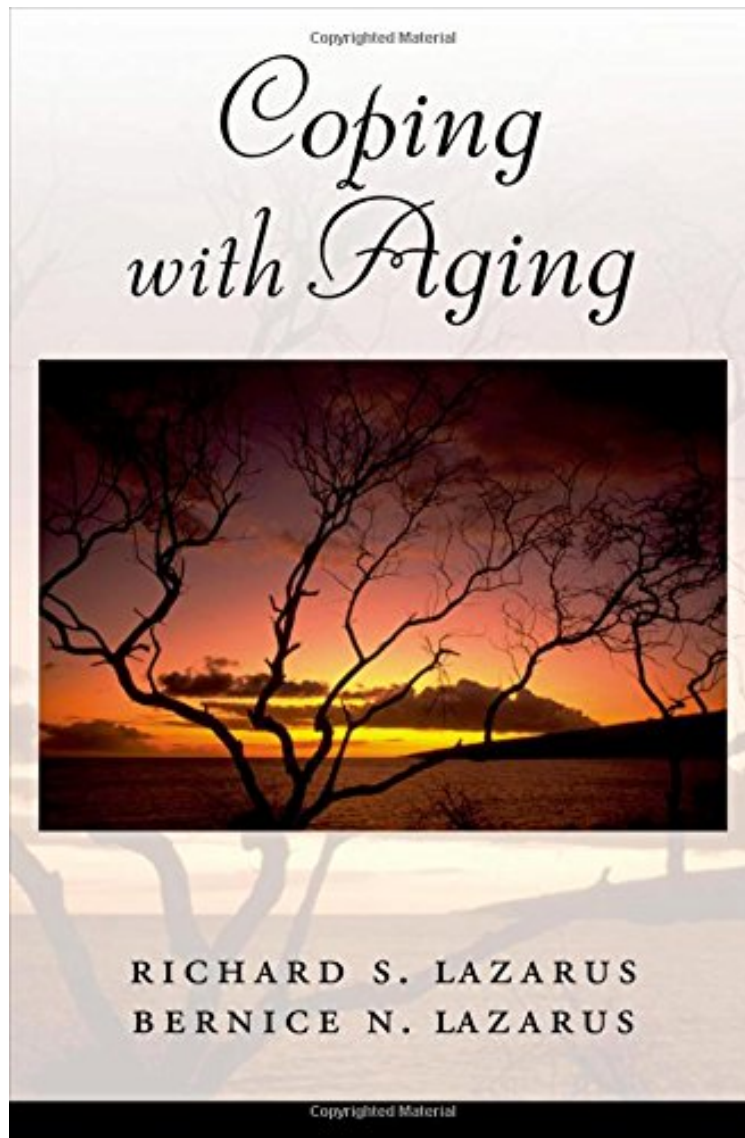


Coping with Aging

Richard S. Lazarus, Bernice N. Lazarus

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#1786525 in Books Richard S Lazarus 2006-01-19Original language:EnglishPDF # 1 6.30 x 1.10 x 9.30l, 1.15 #File Name: 0195173023256 pagesCoping with Aging | File size: 68.Mb

Richard S. Lazarus, Bernice N. Lazarus : Coping with Aging before purchasing it in order to gage whether or not it would be worth my time, and all praised Coping with Aging:

0 of 1 people found the following review helpful. Too real for most people...By Lewis Tagliaferrewell done from the inside out and probably too realistic for most aging people to face directly...hence very little interest. Prof. emeritus Irvin Yalom wrote in Staring at the Sun that facing death is dangerous to mental health so people avoid it until the ending becomes inevitable...then they are shocked into reality and burdened with post trauma shock the rest of their

lives...all in god's will of course...not the manmade god of love in holy books but the prime mover in the universe...generator, operator, destroyer...GOD...it does what ever it wants with everything from atoms to galaxies...but you can feel good inside no matter what happens outside because Jesus said the spirit gives life, the flesh counts for nothing...John 6:63....look it up...and read Baby Boomer Lamentations for the complete book on issues in aging...or not..0 of 1 people found the following review helpful. Coping with AgingBy Rhonda K HallWas a different take on the process of aging from the author of a theory on coping and adaptation. A good source of material for a research paper I am writing.

Coping with Aging is the final project of the late Richard S. Lazarus, the man whose landmark book Emotion and Adaptation put the study of emotion in play in the field of psychology. In this volume, Lazarus examines the experience of aging from the standpoint of the individual, rather than as merely a collection of statistics and charts. This technique is in line with his long-standing belief that experiences should be looked at in their specific contexts, rather than squeezed into an overly general statistical viewpoint that loses the subjects' motivations. Drawing on his five decades of pioneering research, Lazarus looks at aging, emotion, and coping, and stability and change in both environment and personality. Because Lazarus mixes academic rigor with everyday examples, this volume will be both useful to scholars and accessible to the lay audience that has so much gain from a systematic understanding of aging and emotion.

"...may mark a breakthrough of sorts in this area...this book enlightens, engages, and outlines very clearly and concisely what aging is like, what problems we will have as we all age, and what we can possibly do to confront the massive challenges of aging head-on and cope as best as we can. I dare say that this book should be recommended reading for those of us who think about the daily process of aging."--PsycCRITIQUESAbout the AuthorRichard S. Lazarus is at University of California, Berkeley (Emeritus).