Women and Positive Aging

Description:
Women and Positive Aging: An International Perspective presents the noted research in the fields of psychology, gerontology, and gender studies, reflecting the increasingly popular and pervasive positive aging issues of women in today's society from different cohorts, backgrounds, and life situations.

Each section describes a bridge between the theoretical aspects and practical applications of the theory that is consistent with the scientist-practitioner training model in psychology, including case studies and associated intervention strategies with older women in each chapter. In addition to incorporating current research on aging women's issues, each section provides the reader with background about the topic to give context and perspective.

- Examines a comprehensive range of issues for aging women
- Details current research trends
- Encompasses a holistic model of women's aging
- Ranges from physical and mental health in response to aging changes, to social relationships and sexuality
- Presents a "how to put research into practice" section in each chapter
- Focuses on topical issues that are relevant to women wanting to optimize their life outcomes as they live, on average, longer than ever before

Contents:
Chapter I: Gender Differences in Aging and Mental Health Needs
Chapter 2: Women's Resiliency and Psychological Adaptation to Aging
Chapter 3: Self-Acceptance for Aging Women
Chapter 4: Aging Women and Mental Aerobics
Chapter 5: Physical Changes and Self-Perceptions in Women's Aging
Chapter 6: Aging Women and Healthy Longevity
Chapter 7: Importance of Daily Physical Activity for Older Women
Chapter 8: Diversity Among Older Women
Chapter 9: Expansion of Women's Roles in Later Life
Chapter 10: The Important Role of Social Relationships for Aging Women
Chapter 11: Women's Sexuality in Later Life
Chapter 12: Women's Economic Health and Work/Retirement in Later Life
Chapter 13: Breaking Stereotypes of Aging Women
Chapter 14: Civic Engagement and the Power of Older Women
Chapter 15: Public Policies and the Next Steps in the Evolution of Women's Aging

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