CONTENTS

Foreword vii

- INSPIRATION AND OVERVIEW I Introduction: Aging, Once Over Lightly 3 10
- The Typical Course of Aging 1
- THEORETICAL FRAMEWORK Π
- The Emotions and Research Problems 21 2
- 52 Coping 3
- STABILITY AND CHANGE III
 - The Environment 79 4
 - The Personality 93 5
- CENTRAL EXPERIENCES OF AGING: CASE HISTORIES IV
- Family and Friends 113 6
- A Different Doctor for Every Organ 134 7
- Loss of a Useful Function in Life: Work 154 8
- PRACTICAL APPLICATIONS V
- Psychological Treatment 181 9
- Principles of Successful Aging 198 10

Notes 213 References 221 Index 235