

The Cambridge Handbook of Successful Aging

Recent studies show that more people than ever before are reaching old age in better health and enjoying that health for a longer time. This *Handbook* outlines the latest discoveries in the study of aging from biomedicine, psychology, and socio-demography. It treats the study of aging as a multidisciplinary scientific subject, since it requires the interplay of broad disciplines, while offering high motivation, positive attitudes, and behaviors for aging well and lifestyle changes that will help people to stay healthier across life span and in old age. Written by leading scholars from various academic disciplines, the chapters delve into the most topical aspects of aging today – including biological mechanisms of aging, aging with health, active and productive aging, aging with satisfaction, aging with respect, and aging with dignity. Aimed at health professionals as well as general readers, the *Cambridge Handbook* offers a new, positive approach to later life.

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Cambridge University Press

978-1-107-16225-9 — The Cambridge Handbook of Successful Aging

Edited by Rocío Fernández-Ballesteros , Athanase Benetos , Jean-Marie Robine

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CAMBRIDGE
UNIVERSITY PRESS

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CAMBRIDGE UNIVERSITY PRESS

University Printing House, Cambridge CB2 8BS, United Kingdom
One Liberty Plaza, 20th Floor, New York, NY 10006, USA
477 Williamstown Road, Port Melbourne, VIC 3207, Australia
314–321, 3rd Floor, Plot 3, Splendor Forum, Jasola District Centre,
New Delhi – 110025, India
79 Anson Road, #06-04/06, Singapore 079906

Cambridge University Press is part of the University of Cambridge.

It furthers the University's mission by disseminating knowledge in the pursuit of education, learning, and research at the highest international levels of excellence.

www.cambridge.org
Information on this title: www.cambridge.org/9781107162259
DOI: 10.1017/9781316677018

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First published 2019

Printed in the United States of America by Sheridan Books, Inc.

A catalogue record for this publication is available from the British Library.

Library of Congress Cataloging-in-Publication Data

Names: Fernández Ballesteros, Rocío, editor. | Benetos, Athanase, editor. | Robine, Jean-Marie, editor.

Title: The Cambridge handbook of successful aging / edited by Rocío Fernández-Ballesteros, Athanase Benetos, Jean-Marie Robine.

Description: New York, NY : Cambridge University Press, 2018. | Includes bibliographical references and index.

Identifiers: LCCN 2018010111 | ISBN 9781107162259 (hardback : alk. paper)

Subjects: | MESH: Healthy Aging | Aging | Geriatrics | Aged

Classification: LCC RA564.8 | NLM WT 104 | DDC 613/.0438—dc23

LC record available at <https://lcn.loc.gov/2018010111>

ISBN 978-1-107-16225-9 Hardback

ISBN 978-1-316-61474-7 Paperback

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