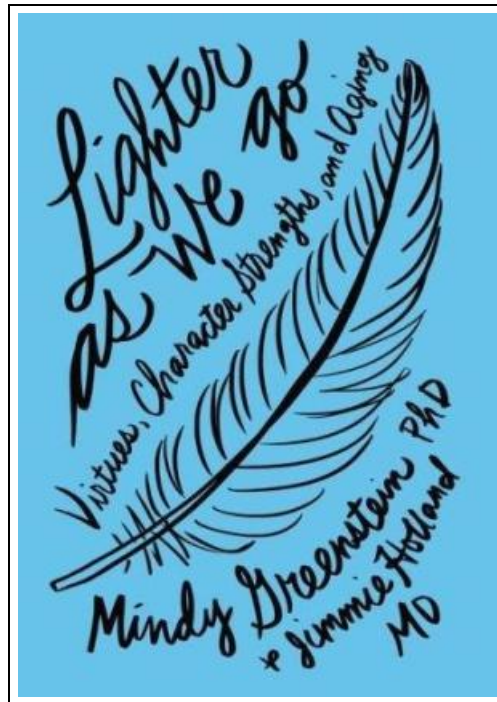


## Lighter As We Go: Virtues, Character Strengths, and Aging



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## LIGHTER AS WE GO: VIRTUES, CHARACTER STRENGTHS, AND AGING



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Oxford University Press. Paperback. Condition: New. 312 pages. The fears of aging have been one long cascading domino effect through the years: twenty year-olds dread thirty; forty year-olds fear fifty; sixty fears seventy, and so it goes. And there is something to worry about, though it isn't what you'd expect: research shows that having a bad attitude toward aging when you're young is associated with poorer health when you're older. These worries tend to peak in midlife; but in *Lighter as We Go*, Mindy Greenstein and Jimmie Holland show us that, contrary to common wisdom, our sense of well-being actually increases with our age -- often even in the presence of illness or disability. For the first time, Greenstein and Holland -- on a joint venture between an 85 year-old and a fifty year-old - explore positive psychology concepts of character strengths and virtues to unveil how and why, through the course of a lifetime, we learn who we are as we go. Drawing from the authors' own personal, intergenerational friendship, as well as a broad array of research from many different areas - including social psychology, anthropology, neuroscience, the humanities, psychiatry, and gerontology - *Lighter as We Go* introduces compassion, justice, community, and culture to help calm our cascading fears of aging. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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