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Emotion, Aging, and Health (Bronfenbrenner Series on the Ecology of Human Development)

Edited by Anthony D. Ong and Corinna E. Löckenhoff

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Although older adults face significant health challenges, they tend to have better emotion regulation skills than younger or middle-age adults. Why is this so? This book explores the reciprocal relations between aging and emotion, as well as applications for promoting mental and physical health across the lifespan. The authors discuss the neural and cognitive mechanisms behind age-related shifts in affective experience and processing. In addition to presenting emotion regulation strategies for offsetting age-related declines in mental and physical functioning, the book examines the role of culture and motivation in shaping emotional experience across the lifespan, as well as the factors defining boundary conditions between human illness and human flourishing in old age.

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