



# A Journey Called Aging: Challenges and Opportunities in Older Adulthood

*James C. Fisher, Henry C. Simmons*

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*A Journey Called Aging* presents an insightful exploration of the years between the entry into older adulthood and death. This text examines the significant changes and major landmarks of older persons between 60 and 90. Grounded by a developmental framework based on empirical research, this book presents a new way of looking at older adulthood, describing the older adult years in intensely human terms through both anecdotes and research-based findings to engage the reader as both guide and traveler.

Using a series of sequential stages as a framework, *A Journey Called Aging* discusses the experiences of older adults addressing the challenges and opportunities presented at each stage. This clear analysis can be used as a guide to help persons plan their own odyssey through the older years.

Topics in *A Journey Called Aging* include:

- research and results of the study
- entering older adulthood
- the long stable stage of Extended Middle Age
- Early Transition
- Older Adult Lifestyle
- Later Transition
- the stable stage near the end of life
- the final transition

*A Journey Called Aging* is crucial reading for professionals who work with older adults, including pastors, attorneys, facilities managers, and program directors; gerontology educators and students; and older adults themselves, their families, and those who care for and about them.

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