

Contents

Acknowledgements xv

List of illustrations xvii

List of tables xix

- 1 Ageing, a brief history 1
- 2 Physical and biological aspects of ageing 22
- 3 The psychology of ageing 45
- 4 Social and interpersonal aspects of ageing 66
- 5 Positive and successful ageing 87
- 6 Reflections on ageing and future directions 102

References 117

Further reading 123

Publisher's acknowledgements 125

Index 126