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Journey of Adulthood 6e: A Comprehensive Guide to Successful Aging This best-selling book provides an in-depth exploration of the aspects of "successful aging," covering growth and development from young adulthood to old age. The author, Barbara Bjorklund, is deeply invested in this subject matter as she navigates her own journey through adulthood alongside her husband. Drawing from research findings and major theories of adult development, the book sheds light on the impact of culture, gender, ethnicity, and individual differences on the aging process.

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