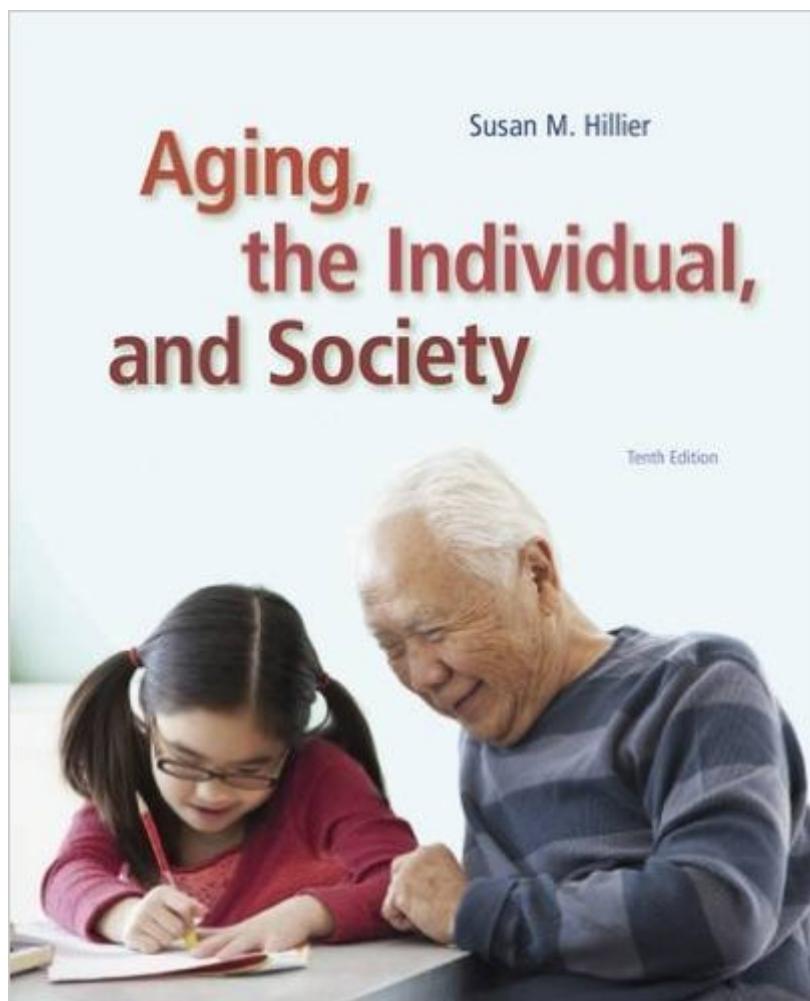


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# Aging, The Individual, And Society



## **Synopsis**

No field of study more completely integrates the mature person over the life course than does gerontology. Understanding senior citizens-who represent a continually growing population-is becoming increasingly important. AGING, THE INDIVIDUAL, AND SOCIETY introduces readers to gerontology in a compassionate way that helps them understand older people and know how to work with them. The book balances academic research and practical discussions, integrating social and cultural perspectives with the story of the individual aging process. Activities and enhance reader's understanding and skills by providing many opportunities for experiential learning.

## **Book Information**

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## **Customer Reviews**

In "Aging, the Individual, and Society", 2014, 10th Edition(!), Susan M. Hillier and Georgia M. Barrow say that "the 'introverted' personality tends to be a solitary person who lacks the capacity for warm, close social relationships" (p.145). Introverts are grouped together with the "antisocial personality" and the "paranoid personality" as types that lend themselves to personality disorders. The authors conclude that "[these] personality types and others involve behavior from childhood or adolescence that has become fixed and inflexible; for each, certain situations cause stress and unhappiness" (ibid.). This does not square with research evidence in neuroscience and psychology. In reality, introverts have good capacity for warm, close social relationships. Some extraverts, however, lack this capacity, because they tend to build a lot of superficial relationships. Moreover, introversion does not spring from childhood experiences. In fact, introversion is hard-coded. Introverts process more information than others in any given situation. To be capable of digesting it, they prefer a less

lively environment. Their brains are also less dependent on external stimuli and rewards to feel good. It is strange that certain extraverts simply cannot tolerate introverted people, but keep painting them as anti-social, "ego-tripped", etc. Perhaps this condition should go into the DSM instead, as "introversion intolerance syndrome". The question is why some people find it so hard to accept that other people (or other creatures, like cats) want to be alone for a time? Maybe they feel they are being shunned and therefore experience narcissistic injury. "Everybody should love to socialize with me all the time!"

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