stimulating. The collection is intended for both lay and expert readers wishing to understand the state of resilience research as it pertains to later adulthood, and would be an excellent text for graduate courses allied with aging and adult development.

Part I of this volume details various domains and contexts for which resilience is important. Key themes are: defining and conceptualizing resilience, resilience as it pertains to major issues related to aging (immunity, cognition, stress and coping, environment, and spirituality), and the call for future research that better measures and models resilience in later life i.e., research that deals with the temporal nature of resilience as a process. In chapter 1, Smith and Hayslip provide a comprehensive discussion of resilience as a construct and adequately define and situate resilience in relation to protective factors, risk and adversity. Fagundes, Gillie, Derry, Bennett, and Kiecolt-Glaser in chapter 2 examine the biophysiological aspects of resilience in the context of immunological functioning. In chapter 3, Lavresky explores the relationship between stress, resilience, and mood disorders such as depression and anxiety. In chapter 4, Ryff, Freidman, Morozink, and Tsenkova deal with resilience in the context of emotional expression and regulation. Stine-Morrow and Chui in chapter 5 explore the need for maintaining and coping with cognitive functioning in later life as a way to enhance resilience. Aldwin and Igarashi in chapter 6 treat resilience as the key factor enabling older adults to successfully manage poor person-environment fit. In chapter 7, Ramsey discusses the role resilience plays in promoting spirituality as a resource and component of successful aging.

Part II of this volume "focuses on the application and value of resilience to a variety of issues key to successful development" (p.151). Key themes are: translating resilience into the lives of older adults and best practices for doing intervention based work in the context of resilience. In chapter 8, Walsh applies key components of resilience to later life families using a family systems perspective. In chapter 9, Rybarcyzk, Emery, Guequierre, Sharmaskin, and Bethel look at indicators of resilience of individuals in rehabilitation following a stroke, fall, or onset of a chronic condition. Bonanno, Westphal, and Mancini in chapter 10 discuss resilience in the context of individual differences in adaptive coping. In chapter 11, Sterns and Dawson consider resilience in the workplace and how it relates to the older worker. Coon in chapter 12 explores the resilience of caregivers. In chapter 13, Diehl, Hay, and Chui discuss the role stress plays in the process of recovery and resilience in the everyday lives older adults. Lerner, Schmid, Weiner, Arbeit, Chase, Agans, and Warren in chapter 14, using person-environment interactions, consider the constructs of biological and psychological resilience in the context of a lifespan developmental perspective.

Traversing the life course promises that individuals will encounter a multitude of life events, and for some these events will be sources of hardship, adversity, and trauma. What determines whether people thrive or survive when encountering these events? What circumstances increase the likelihood of having resilience, or the capacity to maneuver through adversity in a manner that protects health and well-being? Is it simply inner strength, self-regulation, or innate human capacity? Why is it important that we investigate resilience in the later decades of life? How do we translate the underpinnings of resilience into interventions and policies that benefit older adults and society at large? If you are a looking for a volume that addresses these questions and more while offering new and exciting ways to fill existing gaps in resilience research, reading this volume is a worthy investment of your time and energy.

Lydia K. Manning, PhD
Associate Professor of Gerontology
Concordia University Chicago

Jean-Marie Robine, Carol Jagger, and Eileen M. Crimmins, eds., Review of Annual Review of Gerontology and Geriatrics. v 33, 2013. Healthy Longevity: A Global Approach. Springer Publications. New York: 2013. ISBN-10: 0826109942 $95.49 (Hardcopy)

This volume is part of the series of reviews of research in aging. As the subtitle specifies, it addresses research on living longer. The sixteen chapters, each by different sets of authors, included have a consistent conclusion: with appropriate medical care, older people will live longer with less destructive effects from debilitating conditions. More people will live to be the older elderly and men will live longer than before. The effect of this older elderly aging has significant policy and fiscal implications, because appropriate treatment and monies will need to be applied to them.

The chapters address different issues that are of interest to students of gerontology, geriatrics, and especially the members of AAG. Chapter 2,

for example, by Mikael Thinggard, Matt McGue, and Kaare Christensen, "Age Trajectory of High Cognitive Functioning," notes that: "It is reassuring that exceptional longevity does not necessarily lead to high levels of cognitive disability in the 1905 cohort. (p.45.)" The authors ask that this finding be tested in later born Danish cohorts as well as cohorts in other countries. They go on to suggest appropriate statistical methodologies be used to make certain any missing data be addressed

These findings are further confirmation of earlier results. Zarit and Zarit, in their review of aging disorders, explore cognitive functioning longitudinally and across cohorts. They note data drawn from the Seattle Longitudinal Study that show stability in most areas as people reach older ages (2011:25.) Of course, both medical and psychological factors can detrimentally affect cognitive skills. This is reassuring as we find ways to diagnose both sets of factors.

From this example, and others to follow, it is clear that except for Japan, the volume focuses on European and North American studies. The editors and chapter writers note that comparable studies should be done elsewhere and continue to be done throughout the First World, with particular reference to appropriate statistical methods that connect both longitudinal and cohort studies.

Several of the chapters focus on biological factors in health aging. In Chapter 7, "Optimizing Human Health Span and Life Span," Bradley J. Wilcox et al. look at the phenotypes that define human aging. They conclude from a number of studies: "…the phenotypes of 'healthy' or "successful' aging or 'health span' are complex and ill defined. It is difficult to assess predictors or correlates of these phenotypes and even more difficult to replicate findings if the phenotypes are unclear and differ from study to study. (p.156.)" They suggest continued use of autopsy studies, especially given the advances in micro-technology that allow more accurate study of organs to determine aging issues.

Others focus on medical service, education, and self-care factors. Chapter 13, for example, in Karine Peres, et al., "Recent Trends in Disability Free Life Expectancy in the French Elderly," follows the general theme of the chapter reviews and studies in this book. The authors suggest that "…the health of older people has significantly improved over the last two decades concurrent with a rise in LE [Life Expectancy]…" They go on to note that healthier life styles—e.g., better diets, more exercise, decreased consumption of nicotine—have helped as well. Furthermore, they note that some of the gender differences of the past seem to be changing outcomes: "Men and women may have developed some competency in areas traditionally dominated by the other gender in previous cohorts, such as doing the shopping or preparing meals among men and driving a car or handling finances among women. (p.306.)" Some alternative research suggests that women may report more disability than men: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1448463/ Consequently, in this reviewer's experience as an anthropologist and psychologist treating the elderly, researchers and therapists should be sensitive when doing assessments and treatment to this possibility when working with the elderly.

As this chapter and other chapters throughout the volume suggest, there are policy implications for this healthier aging. In simple terms, as the later chapters portray, more elderly are living longer. The readings suggest that appropriate medical and psychological care, with suitable funding, can help the elderly achieve a more successful and fruitful experience during these years. The various authors do note the limitations in the research they do and suggest further research in the First World should be done to address uncertainties in their findings. Meanwhile, those of us concerned with issues of aging will find this collection welcome in terms of enhancing positive outcomes for the elderly.

2011 Zarit, Steven H. and Judy M. Zarit. Mental Disorders in Older Adults: Fundamentals of Assessment and Treatment. 2nd. edition. The Guilford Press. New York.

2004 http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1448463/

Richard Zimmer
Sonoma State University