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In Health, Illness, and Optimal Aging: Biological and Psychosocial Perspectives, Carolyn M. Aldwin and Diane F. Gilmer undertake the challenging task of assembling an objective and holistic picture of human aging. The authors provide comprehensive, multidisciplinary coverage of the physical aspects of aging, including age-related changes and disease-related processes, the demography of the aging population, theories of aging, and the promotion of optimal aging. In addition, the book covers the psychosocial aspects of aging, including mental health, stress and coping, spirituality, and care giving in later years.