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well means] "learning to
live with neither too much
desire and adventure nor too
much caution and self-care.
... Rather, successful aging
means giving to others

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Life joyously whenever one is able, receiving from others gratefully whenever one needs it, and being greedy enough to develop one's own self in between."

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Life Aging well: it can be done. Dr. Vaillant suggests that successful aging means giving to others joyously whenever one is able; receiving from others, gratefully, whenever one needs it; and being capable

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Life of personal development in between. To accomplish this, one must employ the social model of developmental stages and the emotional model of adaptational mechanisms of defense.

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sleep, so when your loved
one is up, you tend to be

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Life frequently throughout the
night (Insomnia and Seniors,
Sleepfoundation.org,
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What are the key factors in
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Watching my parents age is difficult and painful—as it is for many of us. I can't stop the aging process. However, there is one thing I can do every day for them.

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