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the second canadian edition of santrock essentials of life span development provides an approachable introduction to developmental psychology organized chronologically santrock covers the essentials from all periods of the human lifespan across 13 chapters the new second canadian edition offers an increased focus on diversity with indigenous content weaved throughout canadian research current events and real life examples are thoughtfully featured ensuring the material is relevant and meaningful for learners

the entire lifespan in 500 pages what s the greatest challenge in teaching the life span development course covering a lifetime of material in a single term instructors from across the country have clamored for a streamlined text that captures the core concepts of life span development essentials of life span development was carefully designed and constructed to deliver these core concepts along with a strong applications focus reflecting the broad range of interests and backgrounds of students taking this course and as always with john santrock s texts the latest research in the field is incorporated throughout

in the essentials of lifespan development best selling author tara l kuther examines the ways in which contexts culture society socioeconomic status home family and even community impact each stage of a person s life with its chronological organization highly relatable examples and vivid cross cultural stories kuther connects the latest cutting edge research to learners experiences and interdisciplinary career aspirations integrated examples routine critical thinking questions and a 16 chapter organization helps make the book engaging and accessible for all students this title is accompanied by a complete teaching and learning package

santrock essentials of life span development first canadian edition is an exciting new resource that offers essential content in a student friendly format featuring shorter chapters and interactive study modules santrock 1ce covers all periods of the human life span chronologically from the prenatal period through late adulthood and death santrock essentials of life span development first canadian edition is ideal for one semester life span development courses at both colleges and universities or for any learner eager to explore the essentials of life span development

suresh rattan s birth certificate reads 1955 at his age signs of decline inevitably creep in but suresh doesn t feel that old in fact he feels twenty years younger he can even explain why no wonder he does research on age and ageing at aarhus university thanks to evolution we can t imagine ourselves any older than 45 biologically we should just give up the ghost once we ve raised a few carbon copies of ourselves but for those of us who want to stick around a little longer suresh has devised a formula for eternal life let s hope it works

for courses in genetics found in biological sciences agriculture forestry and health sciences essentials of genetics presents a succinct less detailed overview of the discipline with balanced coverage of both classical and modern genetics known for their clear writing style emphasis on concepts visual art program and thoughtful coverage of all areas of genetics the authors capture students interest with up to date coverage of cutting edge topics and research this text will help students connect the science of genetics to the issues of today through interesting and thought provoking applications

in this edition of essentials there are numerous real life applications as well as research applications for each period of the life span

this book describes the nature of aging age related disorders and the molecular principles of emerging strategies for anti aging interventions while also discussing the discovery of targets for geroprotective drugs although significant medical advances in the treatment and eradication of life threatening conditions such as cardiovascular and infectious disease have been made over the past five decades the prevalence of age related disorders still remains high in older populations intervening into aging is the next frontier in contemporary medicine and will be of increasing importance over time as other sources of poor health are combated more and more successfully given the universal interest in anti aging strategies the book will appeal to a very broad audience it addresses a diverse range of anti aging interventions including stem cells autophagy senolytics anti inflammatory methods and telomerase induction that will be of interest to scientists and researchers from various disciplines in the life sciences

encyclopedia of biomedical gerontology three volume set presents a wide range of topics ranging from what happens in the body during aging the reasons and mechanisms relating to those age related changes and their clinical psychological and social modulators and determinants the book covers the biological and medical aspects of gerontology within the general framework of the biological basis of assessing age biological mechanisms of aging age related changes in biological systems human age related diseases the biomedical practicality and impracticality of interventions and finally the ethics of intervention provides a one stop resource to information written by world leading scholars in the field of biomedical gerontology fills a critical gap of information in a field that has seen significant progress in the last 10 years

a therapist s key to the vital link between nutrition and mental wellness diet is a crucial component of a client s clinical profile few therapists however have any nutritional training and many don t know where to begin this practical guide untangles the complex relationship between what we eat and the way we think feel and interact with the world nutrition essentials for mental health offers the principles and practices necessary to provide your clients with nutritional counseling for improved mood and mental health professionals are given tools like nutritional assessment templates for every client s unique needs and history as well as diet and supplement recommendations based on diagnosis psychotropic deprescribing timelines and more in this thoroughly updated second edition readers will find new nutrient dense recipes the therapeutic benefits of psychobiotics the influence of nutrition on mitochondrial functions and updated research on the role of nutrition for mood disorders anxiety dementia and other mental health concerns the book s phase based steps will allow clinicians to implement nutritional therapies into any kind of clinical practice providing your clients with more effective integrative treatment

this book argues that a narrow policy on successful ageing excludes a large portion of ageing individuals from the quest for a good life in old age it explores various models defining successful ageing and argues that successful ageing in guiding policy will profit by following a pluralistic and holistic view

a novel account of distributive justice which takes advances in the biomedical sciences and global aging seriously

research has clearly established a link between omega 3 fatty acids and general health particularly cardiovascular health omega 3 fatty acids in brain and neurological health is the first book to focus exclusively on the role of omega 3 fatty acids on general brain health the articles in this collection illustrate omega 3 fatty acids importance in longevity cognitive impairment and structure and function of the brain s neurons research has established links between omega 3 fatty acids and the developing brain aging dementia alzheimer s disease and multiple sclerosis this book encompasses some of the most recent research including the role of omega 3 fatty acid supplements on hippocampal neurogenesis substantia nigra modulation migraine headaches the developing brain in animals sleep and neurodegenerative diseases this collection helps to push research forward toward a complete understanding of omega 3 fatty acids relationship to brain and neurological health the first book length collection of original research on the connection between omega 3 fatty acids and the brain provides a comprehensive introduction to the state of research on omega 3 fatty acids and the brain and directions for future research a foundational collection for neuroscience neurology and nutrition research

accompanying cd rom contains video clips

addressing the scientific basis of obstetrics and gynaecology in the 1990s this textbook focuses on the fundamentals of reproductive medicine from the perspective of molecular and cellular biology it is aimed primarily at trainees in particular mrog part 1 candidates

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Introduction

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