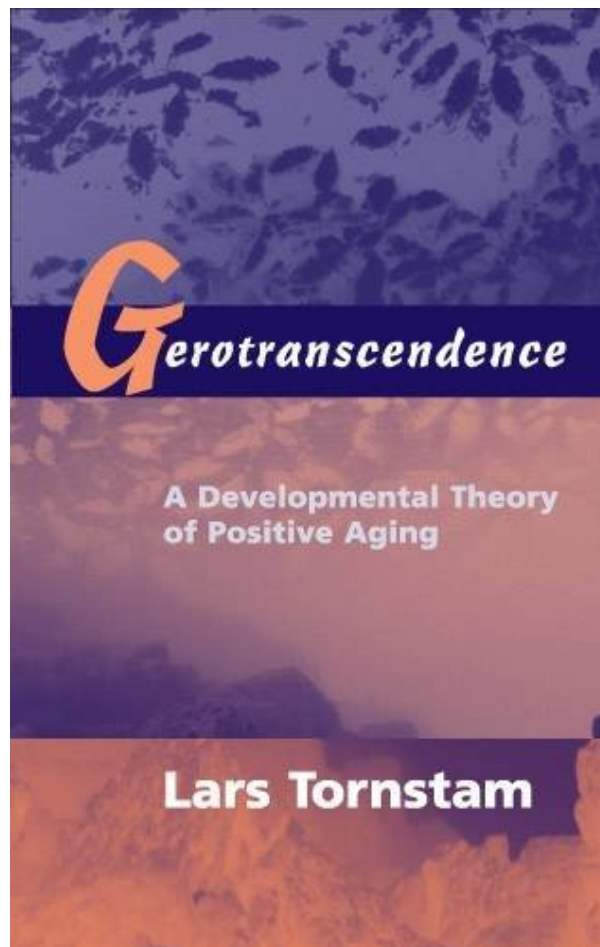
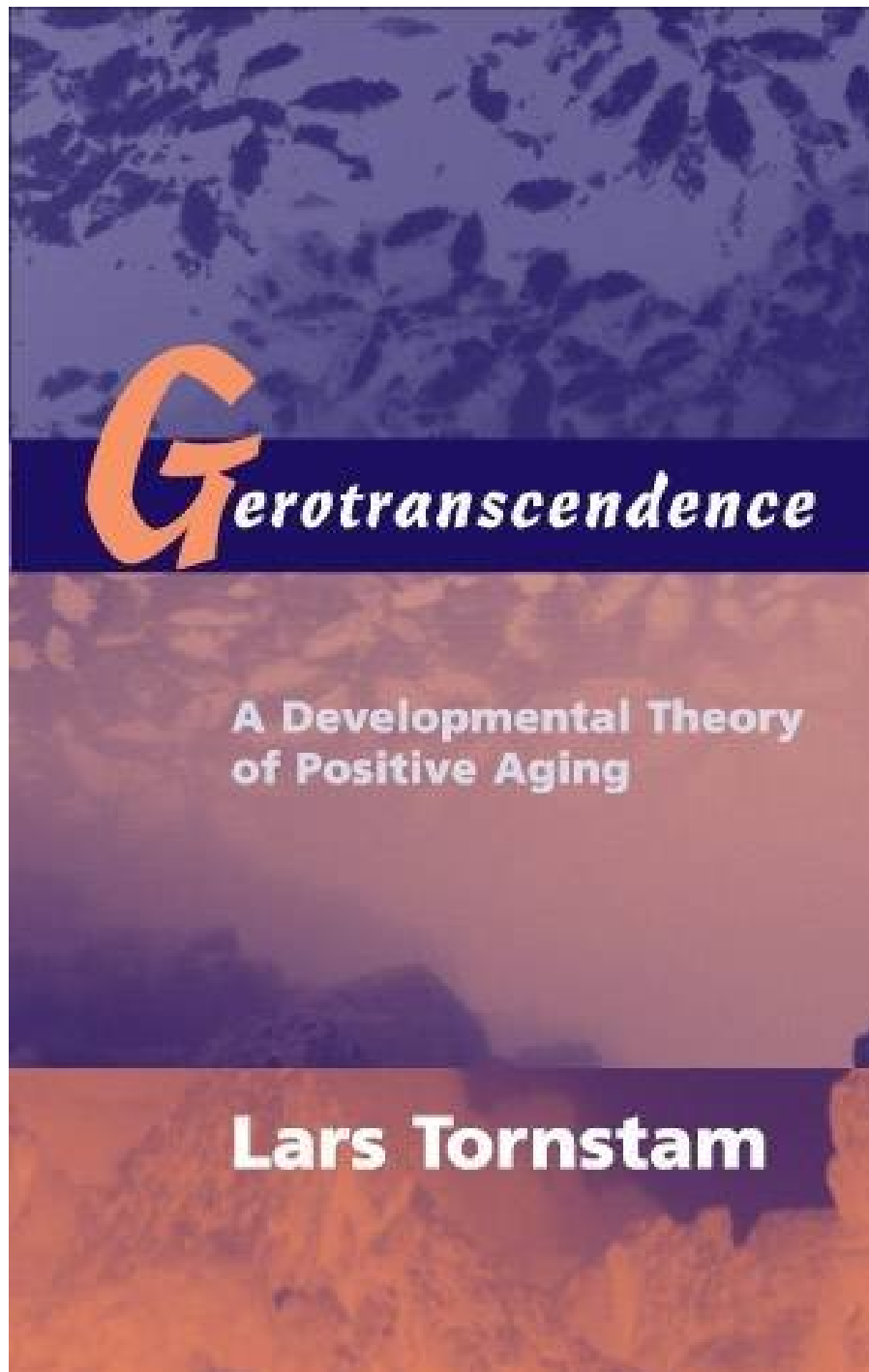


**GEROTRASCENDENCE: A
DEVELOPMENTAL THEORY OF POSITIVE
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GEROTRASCENDENCE: A DEVELOPMENTAL THEORY OF POSITIVE AGING BY LARS TORNSTAM PHD PDF

Given the 2006 GREAT GERONTOLOGY AWARD for outstanding contribution to gerontological research by the Swedish Gerontological Society

Received a VALUE GROUND AWARD from the journal Aldreomsorg (Old Age Care)

Expanding upon his earlier writings, Dr. Tornstam's latest book explores the need for new theories in gerontology and sets the stage for the development of his theory of gerotranscendence. This theory was developed to address what the author sees as a perpetual mismatch between present theories in social gerontology and existing empirical data.

The development towards gerotranscendence can involve some overlooked developmental changes that are related to increased life satisfaction, as self-described by individuals. The gerotranscendent individual typically experiences a redefinition of the Self and of relationships to others and a new understanding of fundamental existential questions:

- The individual becomes less self-occupied and at the same time more selective in the choice of social and other activities.
- There is an increased feeling of affinity with past generations and a decreased interest in superfluous social interaction.
- The individual might also experience a decrease in interest in material things and a greater need for solitary "meditation." Positive solitude becomes more important.
- There is also often a feeling of cosmic communion with the spirit of the universe, and a redefinition of time, space, life and death.

Gerotranscendence does NOT imply any state of withdrawal or disengagement, as sometimes erroneously believed. It is not the old disengagement theory in new disguise. Rather, it is a theory that describes a developmental pattern beyond the old dualism of activity and disengagement.

The author supports his theory with insightful qualitative in-depth interviews with older persons and quantitative studies. In addition, Tornstam illustrates the practical implications of the theory of gerotranscendence for professionals working with older adults in care settings. A useful Appendix contains suggestions of how to facilitate personal development toward gerotranscendence.

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- Number of items: 1

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- Binding: Hardcover
- 224 pages

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4 of 4 people found the following review helpful.

Gerotranscendence: A Developmental Theory of Positive Aging

By njrf

Lars Tornstam is a pioneer in the field of gerontology having led the educational and advocacy movement on behalf of older people in Sweden and Denmark. I heard about him through studying Joan Erikson's work on expanding the Eriksonian Stage Theory beyond the original 8 stages which she writes about in *The Life Cycle Completed*. This book of Dr Tornstam's is one of the best books I have read in my 10 years of studying aging. His articulate descriptions support what I have experienced often in my service as a psychotherapist and case manager and loved one of many people in their 80's and 90's including my own beloved 92 year old mother. I highly recommend this book and think it should be part of gerontological training programs everywhere.

1 of 1 people found the following review helpful.

At last, someone is listening to older people!

By Michael Alvin

This is a refreshing book on aging. At last, someone in a position of authority is daring to find some positive aspects of getting old. For much too long psychologists and geriatric "experts" have been stuck in the rut of viewing old age as being only pathological in its nature. Lars Tornstam, a Swedish gerontologist, was inspired to investigate and write this book by a discrepancy he witnessed between theories of aging and what older people actually said about their experience of it. The result- a theory that there may be some positive developments which occur in the process of aging. "It's all downhill from here" may just be a lot of prejudiced bunk!

Find out what older people have to say about it for themselves. Their views are not all just the result of dementia. Nature provides positive development in all the other stages of human life. Why not in old age too? I highly recommend this book for all those interested in the aging process (we all get there sometime). It may be the start of a new and valid perspective. For a long time people thought the earth was flat- it certainly looks like it through the senses, doesn't it? Put those stereotyped views of old age away, you may be glad that you did when you get there! A highly readable and understandable book.

2 of 2 people found the following review helpful.

Four Stars

By Javier Díaz

A good book but it needs a second edition right now.

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