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By Barbara R. Bjorklund Ph.D.

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*Journey of Adulthood* discusses the aspects of “successful aging,” covering growth and development from emerging adulthood to old age. Combining new and classic research as well as first person experience of adult development, author Barbara Bjorklund explains the development of adults as they leave adolescence and move through their adult years until the end of life. Comprised of both large longitudinal studies and major theories of adult development as well as smaller studies of diverse groups, .

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