



The New Dynamics of Ageing Volume 2

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The two volumes of *The New Dynamics of Ageing* provide a comprehensive, interdisciplinary overview of the latest research on aging. Together, they report the outcomes of the New Dynamics of Ageing research projects, the most intensive investigation ever undertaken into both the influences that shape the changing nature of aging and their consequences for individuals and society. Providing crucial insights into aging and its impact—on an individual, national, and global scale—these volumes are an indispensable reference for researchers, policy makers, and students.

Volume 2 delves into autonomy and independence in later life, biology and aging, food and nutrition, and representations of old age. Each chapter provides a comprehensive topic summary and reports the findings of the New Dynamics of Ageing research projects, emphasizing the practical implications of aging and stressing how evidence-based policies, practices, and products can produce individual and societal benefits.

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