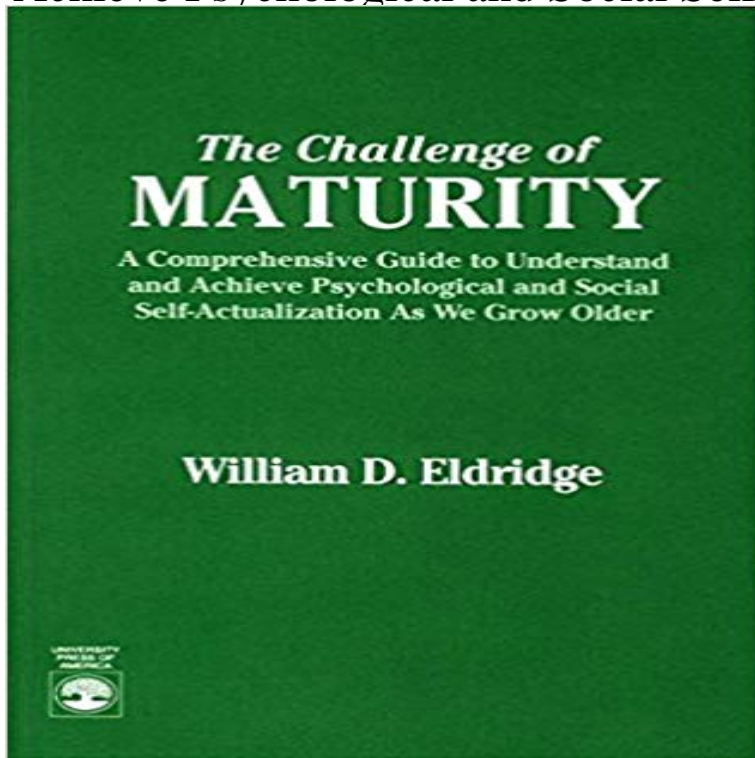


# The Challenge of Maturity: A Comprehensive Guide to Understand and Achieve Psychological and Social Self-Actualization As We Grow Older



This second edition serves as an inspirational guide and a reference to understand the psychological and social challenges that emerge with aging. The author takes a unique approach to his study, personalizing it through his focus on uncovering past experiences that continue to affect an individual's present circumstance. Comprehensive in its scope, this edition of *The Challenge of Maturity* is an effective resource for therapists, counselors, and physicians. The book is also a friendly guide to all aging individuals who seek support and understanding of the many changes that they are going through. With this edition, William Eldridge has again succeeded in providing insight into, understanding of, and hope for the lives of all humans who grow older.

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