I. Adulthood

 A. What is Adulthood like?

 B. Physical changes

 C. Health Problems

 D. Menopause

 E. Marriage and Divorce

 F. Sexual Behavior

 G. The Cohort Effect

 H. Cognitive Changes

 I. Character Flexibility

II. Levinson’s Theory

 A. Theory

 B. Entering the Adult World

 C. The Age Thirty Crisis

 D. Settling Down

 E. The Middle Transition

 1. Generativity

 2. Stagnation

 F. Middle Adulthood

III. Female Development

 A. Differences of Men

 B. Empty Nest Syndrome

 C. Depression in Midlife

IV. Old Age

 A. Fear of Aging

 B. Decremental Model of Aging

 C. Ageism

 D. General Attitudes

 E. Growing Old p. 140

V. Changes in Aging

 A. Changes in Health

 B. Changes in Life Situation

 C. Changes in Sexual Activity

 D. Adjusting to Old Age

 E. Changes in Mental Functions

 1. Senile Dementia

 2. Alzheimer’s Disease

 F. Retirement and You

VI. Dying and Death

 A. Death

 B. Thanatology

 C. S Stages

 D. Hospices