



The Development of Logic in Adulthood: Postformal Thought and Its Applications (The Springer Series in Adult Development and Aging)

Jan Sinnott

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In this book *Jan D. Sinnott* synthesizes her 20 years of research on lifespan cognitive development to describe the growth of complex (or 'postformal') thought in adults. She shows specifically how adults improve mentally over a lifetime and learn to think in more complex and wiser ways. Applications of postformal thought are demonstrated in such diverse areas as - family relations - adult education - personal identity - and spirituality. Chapters examine relations between postformal thought and pertinent variables such as age, health, memory, and vocabulary. Other sections deal with issues in humanistic psychology such as - guided imagery - mind - body medicine - and creative intentionality.

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