

HOW OLD ARE YOU? THE LINES OF LIFE FROM THE PSYCHOLOGIST'S POINT OF VIEW

by A.A. Kronik

with the collaboration of E.I. Golovakha, A.L.Pajitnov, and M.A. Chlenov

Moscow, Russia: School Press, 1993

Language: Russian

Pages: 112

ISBN 5-88527-025-2

The concept of psychological time and age is described as well as how to test for it. This book will be interesting for people, who sometimes feel younger or older than their real age. Students will find exciting psychological facts and tests. Teachers and school psychologists can use it as a guide for lessons in psychology; parents will learn how to make a family tree with their children. Some chapters from this book were published in popular Russian magazines (1983-1989) and were republished later in several languages (Sputnik, 1984, 1989).

CONTENTS

I'm Sixteen

Psychological Time: The Paradoxes of the Present

The Amazing Potential of Psychological Time to Contract and to Suspend

The Trips to Long Ago and to Not Very Soon

The Sense of Age

Creative Longevity: What Does it Depend On?

Biographical Games at the Computer

Genealogy: A Word About Family

Wishes for Myself, Wishes for Others: The Psychology of Self-Improvement

What Can You Expect from Talks with LifeLine?

REVIEW & SURVEYS OF READERS' LETTERS

J. "Znanie-Sila" [Knowledge is Power], 1984, N 7, pages 13-15. In Russian.

J. "Znanie-Sila", 1985, N 1, pages 44-46. Survey of 1521 letters. In Russian.

J. "Znanie-Sila", 1989, N 8, pages 43-47. Survey of 272 letters. In Russian.

FILMS PRODUCED BASED ON THE BOOK

Interview with Myself (1986), 20 minutes. Seen by millions of people on Russian TV.

Time's Arrow (1988), 50 minutes. Seen by millions of people on Russian TV.