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cept is central to Antonovsky's efforts to unravel the mystery of health and means basically, a way of making sense of one's world.

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This model was described in his
1979 book, Health, Stress and
Coping, followed by his 1987
work, Unraveling the Mystery of

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Health. A key concept in
Antonovsky's theory concerns how
specific personal dispositions
serve to make individuals more
resilient to the stressors they
encounter in daily life.

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127-139. London: SAGE
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disease (AD) has emerged from
obscurity. Once considered a rare
disorder, it is now seen as a major
public health problem that has a
severe impact on millions of older

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Americans and their families. The
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