

# Stanford

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## Anna Pot

Postdoctoral Scholar, Psychology

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### Bio

#### STANFORD ADVISORS

- Laura Carstensen, Postdoctoral Faculty Sponsor

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### Publications

#### PUBLICATIONS

- **APPRECIATING TIME ALONE: AGE AND SOCIAL INTERACTION OPPORTUNITIES ENHANCE EMOTIONAL WELL-BEING WHEN ALONE**  
Pot, A., Carstensen, L.  
OXFORD UNIV PRESS.2024: 834