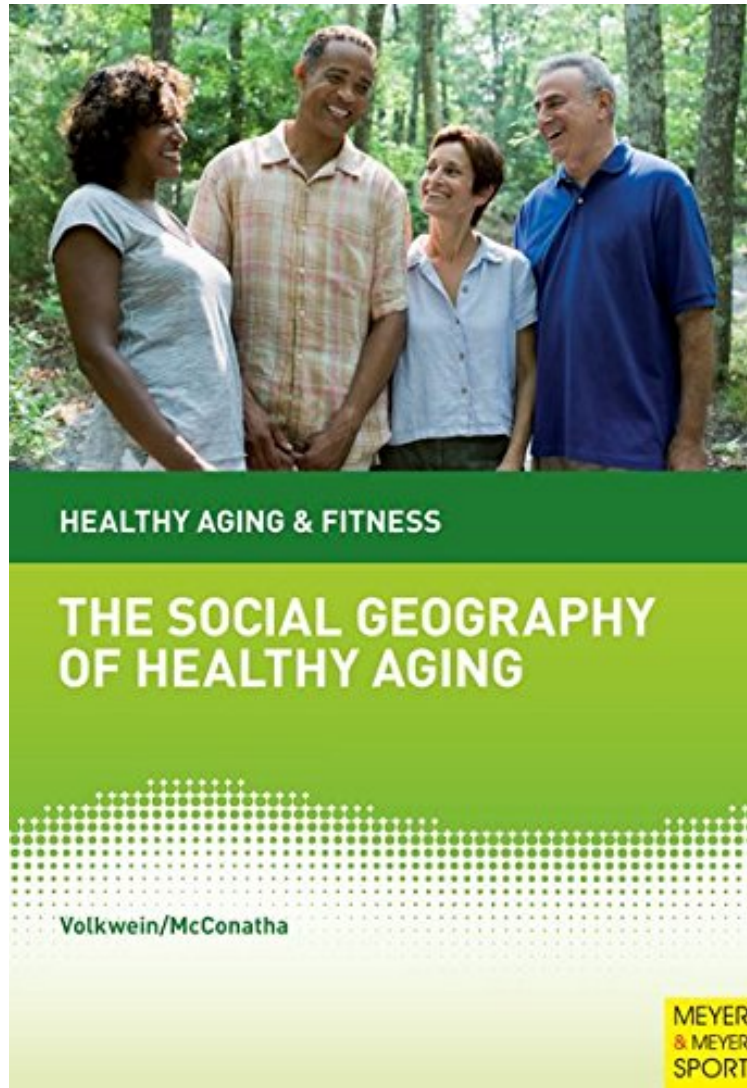


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## The Social Geography of Healthy Aging

*Jasmin Tahmaseb McConatha, Karin Volkwein-Caplan*  
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**Jasmin Tahmaseb McConatha, Karin Volkwein-Caplan : The Social Geography of Healthy Aging** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Social Geography of Healthy Aging:

The healthy and successful transition to later life can be a difficult experience. This book discusses the historical, cultural, and social psychological factors that shape the quality of life of older women and men. A central premise of the proposed book is that where we live is vital to how we age. Thus, this book has a look at stories of older women

and men who are from different cultural backgrounds.

About the Author Jasmin Tahmaseb McConatha is a developmental and cultural psychologist who devoted fifteen years of her professional life to the study of the health and well being of older adults. The recipient of several research grants, Jasmin has written numerous articles and book chapters and one book on aging. Karin Volkwein-Chaplan is a professor of Kinesiology; she has been actively engaged in sociological and philosophical research on the benefits of physical activity for 15 years. She has published numerous articles and several books on the topic of health, fitness, and culture.