

[PDF] Women and Aging: Transcending the Myths (Women and Psychology)

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Linda R. Gannon

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Women and Aging



Transcending the Myths

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Linda R. Gannon : Women and Aging: Transcending the Myths (Women and Psychology) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Women and Aging: Transcending the Myths (Women and Psychology):

6 of 6 people found the following review helpful. Women and Aging-a positive feminist study of women's health By A Customer Women and Aging is a book to be read by anyone interested in an alternative perspective to the traditional

male doctor mind processes in regards to women and health. Dr. Gannon discusses many issues which concern women as they age such as psychological well-being, physical well-being, menopause, sexuality, cardiovascular health, and osteoporosis. She talks of the traditional ways our society deals with these issues for women which is not very healthy most of the time. Then states many facts and statistics from research to back up her analysis. At the same time she offers positive and healthy alternatives to the traditional views. As the title states "transcending the myths." This book should be mandatory reading for anyone working in the medical profession or studying women's health.

Aging in women has traditionally been defined by the menopause, however it is often social and economic changes which are more important to women. In *Aging in Women* Linda Gannon redresses the balance. From a feminist perspective, she critically reviews current research and provides a more comprehensive analysis of the psychological effects of life-span changes for older women. Some of the topics she explores include second careers, empty-nest, divorce, chronic illness, retirement and sexuality.

About the Author Linda Gannon is Professor of Psychology and Behavioral and Social Science at Southern Illinois University. She is the author of *Menstrual Disorders and Menopause: An Integration of Biological, Psychological, and Cultural Research* (1985) and has written widely on issues in women's health.