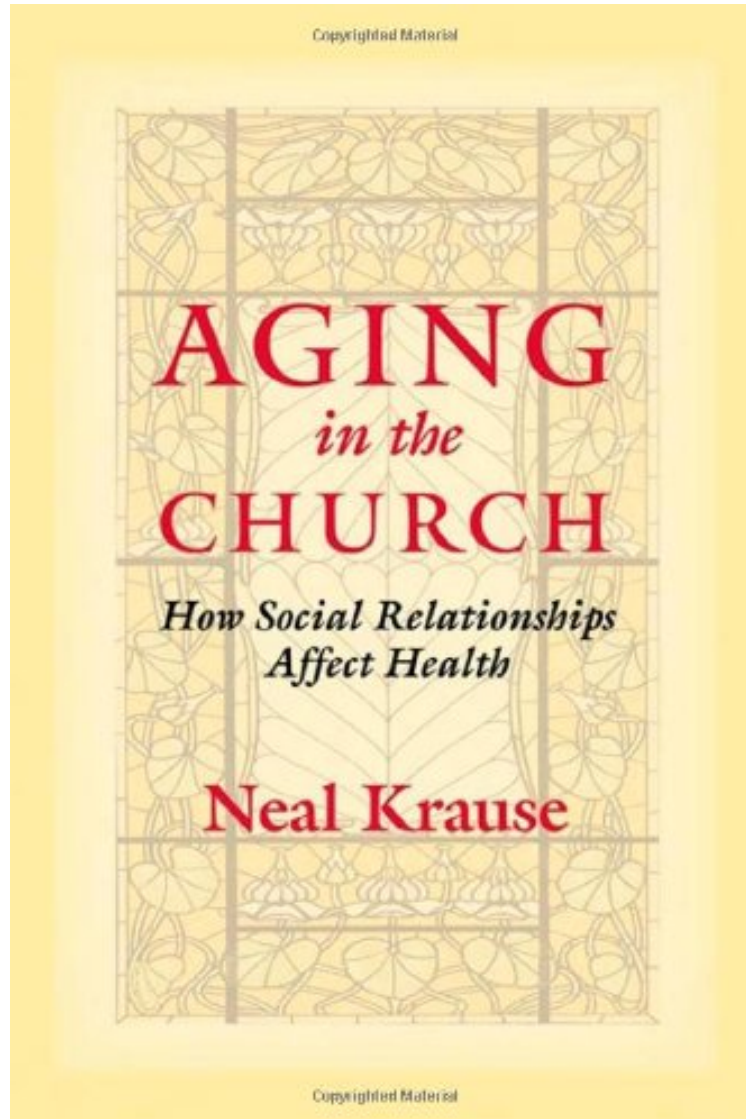


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Aging in the Church: How Social Relationships Affect Health

Neal M. Krause

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Neal M. Krause : Aging in the Church: How Social Relationships Affect Health before purchasing it in order to gauge whether or not it would be worth my time, and all praised Aging in the Church: How Social Relationships Affect Health:

A growing number of studies indicate that social ties that are formed by older people in the church have a significant

positive impact on their physical and mental health. *Aging in the Church: How Social Relationships Affect Health* by Neal Krause constitutes the first attempt to provide a comprehensive assessment of the various types of relationships that stem from church involvement. Among the many types of relationships Krause explores are closecompanion friendships, social-support structures (such as assistance provided by fellow church members during difficult times), and interactions that arise from Bible study and prayer groups. Through his thorough investigation of the underlying links between these relationships and the ways they relate to attributes like forgiveness, hope, gratitude, and altruism, the author hopes to explain why older adults who are involved in religious activities tend to enjoy better physical and mental health than those who are not involved in religious communities. Going well beyond merely reviewing the existing research on this subject, *Aging in the Church* provides a blueprint for taking research on church-based social relationships and health to the next level by identifying conceptual and methodological issues that investigators will have to confront as they delve more deeply into these connections. Though these are complex issues, readers will find plain language throughout, along with literature drawn from a wide array of disciplines, including sociology, psychology, public health, medicine, psychiatry, nursing, social work, gerontology, and theology. Insights from these diverse fields are supplemented with ideas drawn from literature, poetry, philosophy, and ethics. As a result, *Aging in the Church* takes on a truly interdisciplinary focus that will appeal to a wide variety of scholars, researchers, and students.