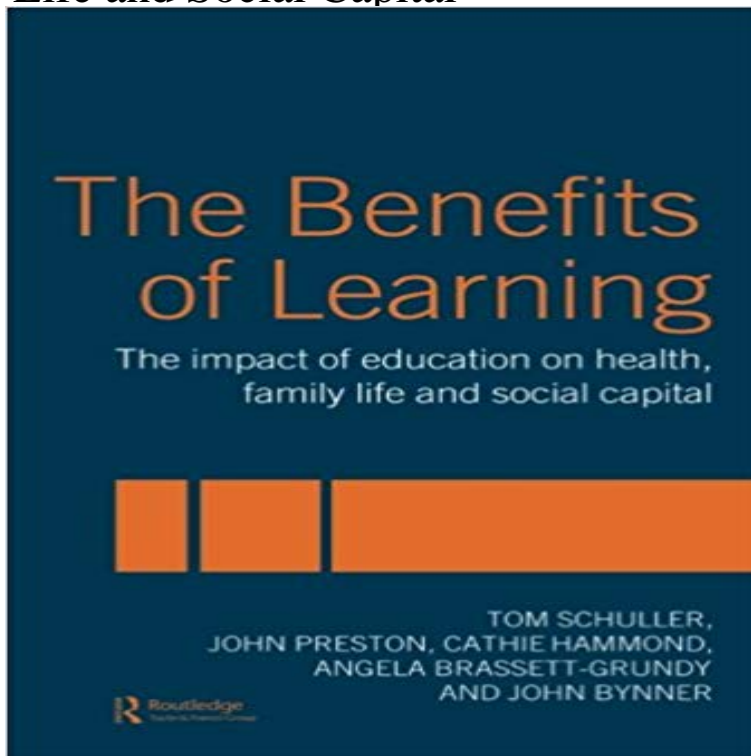


The Benefits of Learning: The Impact of Education on Health, Family Life and Social Capital



How do education and learning really impact on peoples lives?The Benefits of Learning is a detailed, systematic and vivid account of the impact of formal and informal education on peoples lives. Based on extended interviews with adults of all ages, it shows how learning affects their health, family lives and participation in civic life, revealing the downsides of education as well as the benefits. At a time when education is in danger of being narrowly regarded as an instrument of economic growth, this study covers:* the interaction between learning and peoples physical and psychological well-being* the way learning impacts on family life and communication between generations* the effect on peoples ability and motivation to take part in civic and community life.Packed withdetail from adults own accounts of their lives, the book reveals how learning enables people to sustain themselves and their communities in the face of daily stresses and strains, as well as sometimes transforming their lives. The book opens up new avenues for debate. It is a valuable resource for education researchers and of particular interest to education policy makers, adult education practitioners, health educators and postgraduate students in education.

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