



Gutes Altern: Verborgene Chancen und Hindernisse (German Edition)

Helmut Luft, Monika Vogt

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Die heute nicht mehr unwahrscheinliche Aussicht, 80, 90 oder 100 Jahre alt zu werden, verschafft uns mehr Lebenszeit, auf die aber niemand wirklich vorbereitet ist.

»Maßnahmen« gegen die direkten Auswirkungen des Alterns - von Anti-Aging-Cremes bis zu täglicher Bewegung - sind weithin bekannt. Welchen inneren Kräften das Altern aber unterliegt und wie wir uns durch unbewusste Vorurteile und versteckte psychische Zusammenhänge oft selbst schaden, ist für viele ein blinder Fleck.

Wer aber weiß, wie solche unbewussten Prozesse zum körperlichen und geistigen Verfall beitragen, kann Einfluss nehmen und sein Altern positiv gestalten. Einblicke in wissenschaftliche Erkenntnisse helfen, verborgene Hindernisse und vor allem Chancen zu erkennen, die dazu beitragen, den eigenen Weg für ein bestmögliches Altern zu finden.

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