

Welcome to middle age



Lucinde Hutzenlaub, Heike Abidi

I Thought Growing Older Took Longer

[Ich dachte, älter werden dauert länger]

Survival training for everyone over 50

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Lucinde Hutzenlaub was born in Stuttgart and until a few years ago lived in Tokyo. She is married, has four children and works as a journalist and writer. She has never really bothered about growing older – but then it has only ever affected other people.

Heike Abidi lives with her husband, son and dog in the Palatinate, where she freelances as a copywriter and author. So far, her life has zeroed five times, but neither at thirty, nor at forty nor at fifty did she have a crisis ...

Lucinde and Heike are roughly fifty. They used to think this was the age when you had actually made it – were respectable, poised, dignified! They now know better; have seen through the myth of growing old in dignity.

So they have decided that from now on they will only do what they fancy – do a scarper from the boring opera, for example, or rub their faces with slug slime. Never mind the risk of their children finding them somehow embarrassing. And forget the fact that when they are eighty, they might still not have made it by a long chalk ...