

## Growing old, and the relationship between the generations – both are about to be revolutionised!



Lorenz Wagner  
**Together You Feel Less Old**

[Zusammen ist man weniger alt]

Four generations under one roof, and science's answer to the question of how to face old age in good spirits and good health

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Lorenz Wagner was the Financial Times Deutschland's senior correspondent for many years, and is today a writer for the Süddeutsche Zeitung's magazine edition. He is one of Germany's most renowned journalists. He has won numerous awards, including the Theodor Wolff Prize, the German Journalism Prize and the German Association for Internal Medicine's media prize. This is his second book, following his international bestseller *The Boy Who Felt Too Much*.

Lorenz Wagner lives in a very special house, with four generations dwelling under the same roof. The thought of growing old is constantly present in this family, where the youngest are getting ready for life, the oldest for death and Wagner for his 50th birthday. They moved in together three years ago, and ever since Lorenz Wagner has developed a sense of fear as well as longing: on the one hand, he is witnessing the aches and pains that old age brings with it, and realises how fragile we all are; on the other, he wants to spend many more years with his daughter Romy.

Our life expectancy may have doubled over the past century, but our final years are on the whole a torture. Wagner has taken a closer look, and it's clear that ageing is about to undergo a revolution: we can stop the process, even reverse it. Family life in his house also increasingly shows that, almost without noticing it, young and old support and even need each other. The secret of a healthy old age is therefore not to be found in a lab, but in your own home: family and friends make you not only older, but also happier.

In his book, the international bestselling author combines his longing to spend as many more years as possible with his family with the latest findings of research into ageing, and shows us how to grow old cheerfully and in good health.

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