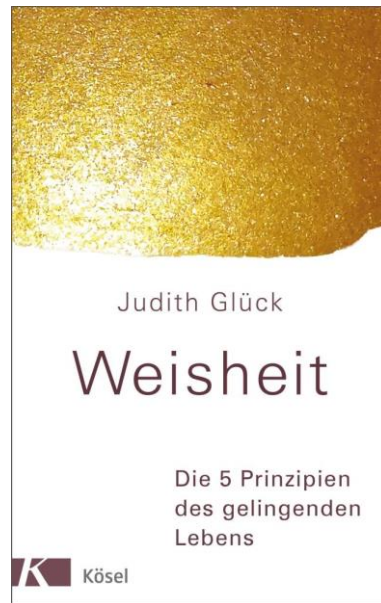


## Five resources for a good life



Univ.-Prof. Dr. Judith Glück

### **Wisdom**

[Weisheit — ]

The 5 principles of a successful life

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**Judith Glück**, born in 1969, received her doctorate in psychology at the University of Vienna. She was a Postdoctoral Research Fellow for Lifespan Psychology at the Max Planck Institute for Human Development in Berlin, receiving her professorship in 2002. Since 2007, she has been a professor for developmental psychology at the Institute for Psychology of the Alpen-Adria University in Klagenfurt. Her research focus is adult development and the psychology of wisdom.

It is simpler to recognise a wise person than to try to describe wisdom itself. Many of us would immediately think of the Dalai Lama, Nelson Mandela, or Pope Francis. But what constitutes their wisdom? And what exactly does wisdom mean? Is it a gift some people naturally have, or can it be learned?

The wisdom researcher Judith Glück, seeking to answer these questions, has discovered five characteristics that people with wisdom possess: openness for new perspectives, an ability to reflect, an intelligent relationship with one's own emotions, empathy, and self-trust. Making use of these resources, we can succeed in drawing wisdom from our life experiences.

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