

Slow aging – how to grow older with equanimity



Professor Dr. Josef Aldenhoff
Am I Old Yet – Or Will It Get Better?

[Bin ich schon alt - oder wird das wieder?]

Growing older for dummies

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Josef Aldenhoff completed training in neurobiology, psychiatry and psychotherapy. After various stints in Germany and the USA he was appointed professor and medical director in Kiel in 1995. He now works as a therapist, author and consultant.

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Never before have we grown old and yet remained so young. In spite of this, no phase of life is written about as querulously and anxiously and at the same time euphemistically as about what we call old age. Josef Aldenhoff, an experienced psychiatrist turning 70, does away with both tearfulness and doom-mongering.

This book shows new aspects of life after 60 – something between provocative realism and wonderful possibilities. Aldenhoff takes a close look at what life after 60 has in store for the aging population – both losses and opportunities. He looks at weight, fitness of body and mind, curiosity, love and a zest for something new. If you retire not only from your job but also from a lot of other activities it means you're setting off along the road to rapid deterioration. If, on the other hand, you are prepared to welcome the appearance of new things, then you will find a new lease of life.

Scientifically sound, easy to understand and amusing.