

Calmness, inner freedom, enjoyment of life: a new generation of women has entered middle age. What can we learn from them?



Susanne Beyer
The Happy Ones
[Die Glücklichen]
Why women enjoy middle age so much

Blessing
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Susanne Beyer, born in 1969, has been working for the cultural affairs desk of the Spiegel since 1996, first as an editor and then as the deputy head. For four years, she was deputy editor-in-chief of the news magazine. Today, she works as an editor for Spiegel's politics department. She has just turned fifty herself and was full of curiosity about meeting her peers. She was not disappointed.

A new generation of women has entered middle age: fifty isn't the new thirty, fifty is the new fifty! It's wonderful stage in life!

Where does this new self-confidence come from, what has changed, what have these women experienced that makes them refuse to fit in with the usual stereotypes? These are the questions the prominent Spiegel author Susanne Beyer asks herself, as well as both celebrities – including Claudia Schiffer, Christiane Paul and Katarina Barley – and less famous women, such as a professor and a carer.

A positive story about middle age told from a female point of view, which will give both young and older women courage, and inspire them to look forward to growing older.