



New Aging

Live smarter now to live better forever

By Matthias Holwich with Bruce Mau Design



Matthias Hollwich and

New Aging: Live Smarter Now to Live Better Forever



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Aging is a gift that we receive with life—the loss of freedom and vitality, the cold and sterile assisted living facilities, the boredom— brought to existence with bright, colorful illustrations—and in *New Ageing*, the architect Matthias Hollwich outlines wise, simple ideas to help us knowledge it that way.and throw it out the window. As an architect, Matthias Hollwich is certainly devoted to finding ways in which we are able to shape our living spaces and communities to make maturing a graceful and fulfilling facet of our lives.that may inspire you to believe creatively about how you can change your habits and environments to suit your evolving needs as you age. *New Maturing* invites us to take everything we associate with maturing— Now he has distilled his research right into a collection of simple, visionary principles— With advice ranging from practical design guidelines for making your home safer and more comfortable to thought-provoking concepts on how we work, unwind, and interact with our neighbors, and even how we eat, *New Ageing* will motivate you and your family members to live smarter today so you can live better tomorrow.



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A Long-Term Survival Guide After reading Mr. Five Stars Wonderful Book. Not Just "How exactly to Age" but "How to LIVE - a Healthier More Connected Life" This is an excellent book - presents a lot of material within an extremely informative and straightforward manner. It's goal is to make people even more positive about their aging, enjoy their life more. I found it easy to comprehend how simple actions can have large impacts on the quality of my life. The tone of the reserve is friendly, and available, but the tone belies a decade worth of research, interviews and prototyping that Matthias experienced to arrive as of this outline for a fresh way to age. I recommend this book in the event that you yawn at the view of a course or dread the very thought of getting confined to a nursing house at the age of seventy-five. I was met with a gut-wrenching truth about ageing. The complete truth and only half the reality about Aging And yet some valuable suggestions The idea of looking at aging as an adventure and opportunity is central to this work. Good overview; easy to read; Great book. I believe this book is ideal for younger/middle aged people who haven't thought very much about aging. Nevertheless the book is the whole truth and fifty percent the reality about aging. This isn't a detailed reference source for the "how exactly to" part of that, but that's Okay. The line of thought in this book is very much a "new aging" relative to how Americans and many other countries possess approached it traditionally. Some individuals probably translate that into being not practical. or anyone in your real or existential circle you respect and admire for offering up good, solid This book is a little bit of Oprah, Dr. Probably a useful launch to gerontology for the new student. not much first. This gem is normally a treat to read, a reminder for children and adults of most age groups, and I imagine it'll be my go-to stocking stuffer this year! I came across it easy to comprehend how simple actions may have huge impacts .. Not only should we walk, but we should find fresh roads and paths in strolling. Four Stars A refreshing undertake the everyday challenges of aging - from problematic to pioneering! Those of us that saw more than just great artwork, I'm sure we can agree that we are able to afford to increase our interpersonal boundaries and reinforce the interactions we have before it's too past due. I am thrilled to utilize these concepts daily. Great book! Basic Answers to a Complicated Problem Total disclosure - We am Matthias's architecture business parter. For 10 years I viewed him wrestle with the topic of aging. Everything began when we were hired to renovate a nursing house. However, not a guidebook or workshop. I shifted but Matthias dug deeper. He asked himself why culture lets people end up in assisted living facilities where they spend the last years of their lives disenfranchised and miserable? To save people from this architectural fate Matthias appeared far beyond architecture. What's amazing about this book is that it made me think about things that I'd have rather ignored until it had been too late. Aging can be an egg-shelled topic therefore I'm glad to discover someone's dressing the factors and waging a diligent combat to redefine a popular dread. These are the folks who will stay young forever until they don't. Read this Book Info was presented effectively. Very much to think about and decisions to create by adults through retirees. Articles was interesting and to the idea. Serves as an excellent starting point People criticize the format and simplicity, but based on your situation, that's also one of its strengths. Two Stars Really base in its information - very costly for what one supposedly learns Five Stars Very pleased with this purchase! Elegant & Five Stars Fantastic book! introductory book Too many warmed more than ideas; Phil, Tony Robbins, Deepak Chopra, Norman Vincent Peale, or anyone in your real or existential circle you respect and admire for providing up great, solid, no-nonsense advice. Oz, Dr. Hollwich's reserve. This book offers solid advice that is immediately applicable. A few great suggestions with images for an instant view this is articles - not really a book. A few great tips with images for an instant view. We were both in shock at the conditions there. What I really like is usually that unlike a whole lot of other books on the subject it's not dry and it is directed towards people in previous life stages who ought to be considering these issues longer term - it's almost needed reading for the Millennial era. I'm a grown-up with no children and very little family, the reserve certainly challenged my traditional way of thinking. In this it offers many valuable suggestions in quite condensed type.. Not only should we've friends but we have to bring them closer and treat them as though they were family members. The general type of the reserve and its basic information are right now the normal sense wisdom of those working to make themselves have the highest standard of living in old age possible. There are important suggestions in the book which I believe will help nearly every reader. It is easy to get through and will generate some ideas and awareness which you can use as a springboard for more descriptive analysis. To those who are really ill, who are really sense the deprivations and humiliations age group brings this reserve provides no

consolation and wisdom. I suspect the reserve is thus most effective for those just about to enter their final years. In its beautiful simplicity this reserve will fundamentally change just how that you think about getting older.



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