

INTERNATIONAL BESTSELLER



The Art of Growing Old



Aging with Grace



Marie de Hennezel

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The Art of Growing Old: Aging with Grace



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A groundbreaking approach to aging from one of France's best-known clinical psychologists. The Artwork of Growing Old is a thought-provoking, brave, and uplifting meditation on the later years as they ought to be lived. Given that our lives are much longer and richer than ever before, it's imperative to demystify our very best fear and cultivate a positive awareness of aging. Any longer, says Marie de Hennezel, an internationally renowned clinical psychologist and bestselling author. It's an inevitable progression and yet in Western culture the very subject of aging is frequently taboo and shrouded in stress and anxiety and shame. Combining personal anecdotes with psychological theory, philosophy, and eye-opening scientific study from around the world, she displays why we should anticipate embracing everything aging provides to offer with regards to human and spiritual enrichment. She confronts head-on the unavoidable grief we maintain at the increased loss of our youth and explains how refusing to age group and move forward in life is actually what makes us become outdated. In this timely and essential book, de Hennezel offers a brand new perspective on the art of growing old. How should we accept growing old?



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A True Gem!. It will also be considered a best seller and the thing that's avoiding it from becoming one is the cost. I bought it for 14. a must for anyone over 60! Use this publication and go through it as many times as it is needed for your situation. It's the type of examine you can get back to at different times you will ever have. Great reserve! As we have to bravely confront the loneliness and terrors of old age, we need all the help we can get. So this book helped to encourage me on my way. What a different Perspective on ageing.can't put it down.! Her book has helped me personally and I'm very thankful I've it with me to read and reread whenever I need it. Not long ago i purchased a second someone to give as something special. Great read. Written very well. Wow! I see now that it went down and I'm sure she'll sell a lot more. When you can only afford one publication. One to read...buy that one. Not for everyone. .. I found this book to be a bit very much for the ordinary person seeking encouragement in the process of aging. It appearsto be more likely to be examine by professionals seeking to encourage clients.Initial half is filled up with the down side of aging, it gets better toward the finish but still seems more for the professional. Love this book and have read it again and again Love this publication and also have read it again and again. That said, this reserve is written with keen intelligence, an excellent heart and lots of compassion for the tough transition folks of my generation are experiencing right now. No BS or filler web pages. What A BOOK!! Bought my second a single for a gift. Man did I really get into this book and am SO GLAD I purchased it. The "fecundity" of our brain as she calls it, is a wealthy tapestry we've accumulated during our lifetimes, and the key is normally to accept the ultimate journey with all its aches, pains, and infirmities. It had been Refreshing to read this and by reading it Personally i think that I'm also becoming Prepared to accept GETTING OLDER Gracefully instead of Miserably.and then read again!.. Can I really do that? I've embraced a lot of the teachings in the book, and found I acquired recently been doing things the proper way all along. Her publication provides that and even more, often stressing that it is not all bad, they are many rainbows, meadows and rays of sunshine ahead of us yet, and that the exquisite sensitivity we develop with age may also help us live out the time we have left on this earth more intensely and richly.she areas the process of aging in a very positive light! This is a great book, and it must be a must read for all baby boomers.. . . Five Stars Good book aging gracefully. Though the author is a clinical therapist, the book is anything but stuffy! The composing 'flows' easily, reads easily and for me personally earns a re-read.. .We find I smile a lot more, given that I am "aged". I couldn't recommend this reserve more than enough.!99 or something like that, and that was steep for a kindle book. The increased loss of one's youth is definitely a bitter pill to swallow and she explores this in detail in this marvelous publication. Fantastic insights and wisdom to meet up the issues of

aging!! I love this book... It's a process and it will devote some time, but if we look back with gratitude instead of bitterness over what we've become, we'll end our lives peacefully, maybe even joyfully. I will soon be turning 70 years previous and everything in this reserve hits home. Best advice ever.



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