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What We Gain As We Grow Older: On Gelassenheit

Wilhelm Schmid, Michael Eskin (Translator)

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What We Gain As We Grow Older: On Gelassenheit Wilhelm Schmid, Michael Eskin (Translator) Learning to live with one's own aging is the new task: making an art of what once was a given - growing older; turning our society's *anti-aging bias* into a true *art of aging* that will enable us to live *with* rather than *against* the inevitable. In ten practical steps, this book teaches you how to welcome and embrace growing older with *gelassenheit* ('gue-láh-sen-hite') - the 'feeling and the knowledge that we are cradled in the arms of infinity' - at any age.

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