



The Art of Growing Old: Aging with Grace

Marie De Hennezel

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A groundbreaking approach to aging from one of France's best-known clinical psychologists.

How should we accept growing old? It's an inevitable progression and yet in Western society the very subject of aging is often taboo and shrouded in anxiety and shame. Not anymore, says Marie de Hennezel, an internationally renowned clinical psychologist and bestselling author. Now that our lives are longer and richer than ever before, it's imperative to demystify our greatest fear and cultivate a positive awareness of aging.

In this timely and essential book, de Hennezel offers a fresh perspective on the art of growing old. She confronts head-on the inevitable grief we sustain at the loss of our youth and explains how refusing to age and move forward in life is actually what makes us become old. Combining personal anecdotes with psychological theory, philosophy, and eye-opening scientific research from around the world, she shows why we should look forward to embracing everything aging has to offer in terms of human and spiritual enrichment. *The Art of Growing Old* is a thought-provoking, brave, and uplifting meditation on the later years as they should be lived.

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