



## # Ran-ans-Alter! (German Edition)

*Lisa Frohn*

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Alter als Lebensphase mit eigenem Lebensgefühl ist heute so neu, wie Jugend zu Beginn des letzten Jahrhunderts. Und Alter kann lange dauern, länger als wir uns vielleicht vorstellen. Immer mehr Menschen wollen die Zeit nach dem Erwerbsleben gestalten und fragen sich: Was kann ich tun? Bevor wir jedoch in Aktion gehen, wäre es keine schlechte Idee, innezuhalten und einige Fragen zu stellen. Wer sich mit sich selbst und dem eigenen Alternsprozess beschäftigen und dabei die Welt nicht aus den Augen verlieren will, kann in diesem Buch Denkipulse und Inspiration finden. "Der Kopf ist rund, damit das Denken die Richtung ändern kann." (Francis Picabia)

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