



The Warmth of the Heart Prevents Your Body from Rusting: A French Recipe for a Long Life, Well-Lived

Marie De Hennezel

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A breakout bestseller in France and the U.K. and a transformative guide to growing older with confidence, courage, and even optimism

How should we accept aging? It's inevitable, and yet in Western society the very subject of growing older is shrouded in anxiety and shame. Aging brings us face to face with our sacred and our mundane, our imperfections and our failures. Here internationally renowned clinical psychologist and bestselling French author Marie de Hennezel shows us how to see the later stages of life through a prism that celebrates our accomplishments and gives us fulfillment in our present. Combining personal anecdotes with psychological theory, philosophy, and eye-opening scientific research from around the world, this thought-provoking and refreshing book provides a brave and uplifting meditation on our later years as they should be lived.

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