



# Warmth of the Heart Prevents Your Body from Rusting: Ageing Without Growing Old

*Marie De Hennezel*

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In this eloquent meditation on ageing, Marie de Hennezel guides us through a true 'art of growing old'. She recalls her encounters as a clinical psychologist with extraordinary people who 'grow old gracefully' -- and through her experience shows us how to make the most of this time in our lives, to avoid depression and to stay happy. She believes that wherever we grow old and whatever our circumstances, if we can maintain energy in our hearts and believe in the power of joy and human warmth, this can transform us and the way we look at the world. This is a wonderful book with a powerful message that applies to everyone no matter how old they are. 'Timely and admirable...her essential idea - that old age should be a stage of life as full of potential as any other - will appeal to oldies who have no intention of just fading away' Mail on Sunday 'A beautifully written meditation on ageing. Author Marie de Hennezel argues that looking positively at ageing helps us make the most of a very previous time' Yours

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