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Sommario/riassunto	HauptbeschreibungLifelong learning has become an important issue in the current educational debate. Relevant research is mainly directed to economic aspects and evaluates educational processes with a view to their usefulness for individuals in their working lives and social interests.The author of this dissertation, however, follows a holistic approach. For this reason he introduces the term ""art of living"" into the debate and raises the question of the role of adult education for individual self-reflection from the aspect of a successful life. Language: German <