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4.1 The Demographic Shift and the Search for its Reasons
4.2 Necessary Expansions; 4.3 Money and Life Satisfaction; 4.4 Other Determinants of Life Satisfaction; 4.5 Subjective Health and Aging; 4.6 The Satisfaction Paradox of the Old; 4.7 Conclusions; References; Chapter 5 Understanding Between Generations: A Practicable Way to Help Create a Society Fit for All Ages Christa Erhart, Susanne Schinagl and Peter Erhart; 5.1 Short Description of the Workshop with Children and Operating Instruction; 5.1.1 Activity room 1: Classroom; 5.1.2 Activity room 2: Outdoor activities
5.1.3 Activity room 3: Daily living

Sommario/riassunto

The fear of death may translate into the desire for longevity. However, longevity is a true blessing only if it is coupled with good health. Healthiness, in today's expectation, is not simply a disease free state. Rather, it is very much a state of wellbeing and competence, both physically and socially. While Oriental medicine emphasizes on the promotion of physiological balance and internal balance as an integral requirement for longevity, other cultures also have various sophisticated concepts and orientations. This book successfully collates all the different views and approaches from Austr
