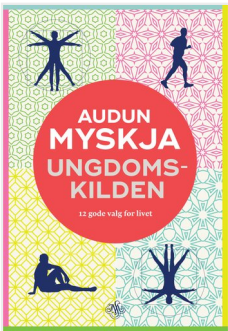


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The Art of Aging

Original title: Ungdomskilden. Tolv gode valg for livet
Publisher: J. M. Stenersen Forlag 2017
Non-Fiction / Health
51000 Words
English material available

“The fountain of youth won’t be found in a far-away land or in some magic potion. The fountain of youth is inside you, in your simple choices, values and healthy habits. It’s hidden in your relations, discipline, love and compassion. Some of the points and conclusions in this book are commonly known, others will surprise and perhaps provoke you.” Myskja’s message is simple: We can all do a lot to keep ourselves young and in good shape – whether we’re 30, 60 or 90. It’s never too late. With the knowledge from this book, you can take the right choices now and make sure the years to come will be good.

“My goal with the “forever young”-project is not to keep ourselves young no matter cost, nor have the perfect body or the smoothest face. I think we’re here on this earth to be of use. We need energy, happiness, an agile body, strong muscles and sharpened senses. With these traits, our own lives and the lives of fellow humans may profit from us. Therefore: Embrace aging instead of fighting it. Choose Art of aging instead of Anti-aging. Love your body, no matter how old it is. Love your mind, no matter how old you feel. It will make you more loveable, if nothing else. Probably younger too. We all contribute in a bigger picture none of us fully comprehend. Every moment has its possibilities.”

Even though the book is first and foremost focused on the public, there is much we doctors may useful, especially for being able to give advice to patients struggling with both physical and mental health issues.

Torikild Færø, Den norske legeforeningens tidsskrift

Audun Myskja

Audun Myskja is a chief physician, specialist in general medicine, with a doctorate in the use of music in elderly care. he has always known that medical science cannot explain everything and he has witnessed many instances that indicate the existence of health-giving powers other than medical ones.

He runs the Center for Life Aid at Myskjatunet in Totenvika, Norway. He is also a meditation teacher and a musician, with releases of his own compositions, meditation music and training instruction. He has developed educations in music-based environmental treatment and unit therapy, and is a sought-after speaker both at home and abroad.

Audun Myskja has written several strong selling books during the last decade.

Other titles

Meditation. The way to finding yourself (2022)
The Tibetan Rites (2021)
Breathe. The Key to Strength, Health and Happiness (2018)
Heal Yourself (2015)
Find Your Inner Strength (2014)
The Art of Dying (2014)