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*Vera Sandberg*

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**Cool bleiben!: Der neue Plan vom Älterwerden (German Edition)** Vera Sandberg

Die heute 50-Jährigen sind anders als ihre Vorgänger – sie haben Handys, tragen Jeans und lieben Sex. Und sie wollen anders altern. Aber wie?

Sie haben in Kommunen gelebt, für Straffreiheit der Abtreibung demonstriert, ihr Geld selbst verdient. Solche Frauen sind auch mit 50plus ein Quell neuer Ideen – aber auf der Suche nach einem neuen Rollenverständnis: Wie ist eine in diesem Alter, wie lebt sie, sieht sie aus, ohne „auf jung zu machen“? Vera Sandberg hilft, das herauszufinden und zu sich und seinem Alter zu stehen. Mit aktuellen Zahlen und Fakten sowie Interviews mit interessanten Frauen. Ein kraftvolles und Kraft gebendes Buch.

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