



# Loving Later Life: An Ethics of Aging

*Frits de Lange*

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## **Loving Later Life: An Ethics of Aging** Frits de Lange

Is loving later life possible? In our youth-obsessed culture, nobody enjoys growing old. We normally fear our own aging and generally do not love old people -- they remind us that death is inescapable, the body frail, and social status transitory. In *Loving Later Life* Frits de Lange shows how an ethics of love can acknowledge and overcome this fear of aging and change our attitude toward the elderly.

De Lange reframes the biblical love command this way: "We must care for the aging other as we care for our own aging selves." We can encourage positive self-love by embracing life as we age, taking good care of our own aging bodies, staying good friends with ourselves, and valuing the last season of life. When we cultivate this kind of self-love, we are released from our aversion to growing old and set free to care about others who are aging -- our parents, our relatives, and others in their final season of life.

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