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The bestselling author of books such as Age Wave and Bodymind, Dr. Ken Dychtwald is a psychologist, gerontologist, lecturer, and the founding president of Age Wave, LLC. He is widely viewed as the nation's foremost authority on the aging. Page 1 of 1 Start over Page 1 of 1

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In *Bodymind*, Ken Dychtwald demonstrates how our body can often be a perfect reflection of our own life's history, present state of being, and potential for continued growth and development.

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Bodymind – Age Wave

The bestselling author of books such as *Age Wave* and *Bodymind*, Dr. Ken Dychtwald is a psychologist, gerontologist, lecturer, and the founding president of *Age Wave, LLC*. He is widely viewed as the nation's foremost authority on the aging.

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An established classic in its field, Ken Dychtwald's *Bodymind* has been updated in this latest edition to reflect the author's ongoing exploration of the vital body and mind connection. Integrating ancient Eastern knowledge with the pioneering contemporary work of Wilhelm Reich, Moshe Feldenkrais, Fritz Perls, and with his own intuitive observations, Dychtwald

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Ken Dychtwald developed the concept of the Age Wave, which refers specifically to a massive population and cultural shift caused by the converging global demographic forces of the baby boom of the middle twentieth century, increasing life expectancy, and the declining fertility rates of the later twentieth and early twenty-first centuries.

Ken Dychtwald - Wikipedia

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