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OTHER TITLES

Breathe. The Key to Strength, Health and Happiness (2018)
Find Your Inner Strength (2014)

Audun Myskja

The Art of Aging

“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.”

These words belong to dr. med. Audun Myskja. His 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 lovable, if nothing else. Probably younger too. We all contribute in a bigger picture none of us fully comprehend. Every moment has its possibilities.”

Audun Myskja

Audun Myskja is a doctor by profession, but he has always known that medical science cannot explain everything.

He has witnessed many instances that indicate the existence of health-giving powers other than medical ones.

Audun Myskja has written several strong selling books during the last decade. His most recent publication is called *Find your inner Strength*, published by Stenersen Forlag.



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