

We spend billions of dollars each year trying to fight aging—covering up wrinkles, dyeing gray hair, and chasing the promise of youth. However, while aging is often portrayed as a slow decline, scientists say that view overlooks the bigger picture. “Everyone talks about aging as this decline,” says Michelle Feng, chief clinical officer at Executive Mental Health and a licensed psychologist who specializes in geriatric psychology and medicine. “But aging is just living. It literally means that you’re alive.”