



Martin Grassberger

# REGENERATIVE

The dawn of a new ecological age

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**The new paradigm is that of regenerability.**

We live in an age where we find ourselves confronted with seemingly insoluble problems, many of them stemming from humanity's increasing alienation from nature and from ourselves. We cannot hold back this development with sustainability, factual knowledge and technological innovation alone. We are on the verge of a paradigm shift: regenerability. It is nature's own processes and principles – from the tiniest cells to the biggest ecosystems – that serve as a model here. They are a testament to billions of years of evolution towards self-organised, resilient systems. Human beings, too, are a part of this process. Grassberger shows how a fundamental shift in values can regenerate human health, society and economics, allowing them to thrive long-term.

## MARTIN GRASSBERGER

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Grassberger was born in 1972 and studied medicine and biology in Vienna. He lectures at the University of Vienna's Faculty for Natural Science and at the Faculty of Medicine of the Sigmund Freud University in Vienna, covering the fields of human biology, evolutionary medicine, forensic medicine and pathology.

Grassberger is the author of numerous published works and practises regenerative ecological horticulture in Lower Austria. Published by Residenz Verlag: *Das leise Sterben* (2019).