

DANIEL KLEIN

New York Times bestselling coauthor of
Plato and a Platypus Walk into a Bar...

TRAVELS
with EPICURUS

*A Journey to a Greek Island
in Search of a Fulfilled Life*



*"An insightful meditation."
—The New York Times Book Review*

Daniel Klein

Travels with Epicurus: A Journey to a Greek Island in Search of a Fulfilled Life



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Advice on achieving a fulfilling old age from one of the bestselling authors of Plato and a Platypus Head into a Bar . .A travel book, a witty and accessible meditation, and a good guide to living very well, Travels with Epicurus is usually a wonderful jaunt to the Aegean and through the terrain of later years that just a free spirit like Klein could lead. Drawing on the inspiring lives of his Greek friends and philosophers ranging from Epicurus to Sartre, Klein uncovers the easy pleasures that are offered late in life, along with the refined pleasures that only an adult mind can fully enjoy. After being advised by his dentist to get tooth implants, Daniel Klein decides to stick with his dentures and rather use the money to create a visit to the Greek island Hydra and find out the secrets of aging happily. .



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I am 74 and learned through this reserve that I could and should enjoy my extremely final years without guilt. This quiet little book actually changed my *modus operandi*. Seeking my Personal Good Enough []. I really could put away the French vocabulary tapes, nap in the sun, stay all day time in my own pyjamas and read, perform those things that I might formerly have regarded a waste materials of time or as well indulgent,, appreciate lengthy term friends for their loyalty and support and tolerate transgressions. It as if it were written about me. Although neither TRT nor anti-depressants certainly are a magic pill, both -- for a few -- can improve their standard of living and donate to a life well-lived. If you're over 50, retired, considering retirement, this publication is for you. I purchased this book in the suggestion of a retired friend of mine. Because of my curiosity in mature gay/bi/questioning men, I've often wondered -- but of course it really is never studied -- how those suicide rates are impacted by those who remain hopelessly conflicted about their sexual orientation.! This latter book is approximately Poggio Bracciolinia, a 15th century scribe who tracks down the Roman poet Lucretius's *On the type of Things*. This book delves into Epicurian philosophy, which fascinated me and further encouraged me to learn the Klein book. What are we chasing and what exactly are the chances we will catch it before it catches us? We just have one lifestyle; they are expendable commodities. A very reflective reserve that raises a whole lot of interesting factors.. I have since suggested *Travels with Epicurus* to others approaching pension. The back cover blurb type of sums up the theme of the reserve. To paraphrase: A young entrepreneurial type sees a vintage Greek gentleman sitting close to the shore sipping ouzo and viewing the sun set over the Mediterranean. Behind the old man are some poorly preserved olive trees. The young man asks the old guy if he knows who owns the trees. He also suggest you don't have to make use of anti-depressants in the "aged" old. The young man asks the gentleman if he knows that if he pruned and watered the trees he could triple their yield, then he could hire employees to keep up the trees and build an olive press to create fine old-world essential olive oil and sell it in the us at a handsome revenue; he could possibly be rich. "After that what," the old guy asks. "Why, then you might do anything you wish," says the son." Especially in your later years, maybe you've already got what you want. The old guy replies, "You imply like sit down and sip ouzo as sunlight falls? Loren A Olson MD DLFAPA[]. I loved the admonition to forgo getting on-plank with the "forever ... A "must browse" for everyone age group 60 and older. The best book for entering later years A touch of philosophy and humor , as we seniors approach the finish. I am very much even more at peace with my aches and pains. I loved the admonition to forgo getting on-board with the "permanently young" imperative sweeping culture. It's far more vital that you take trips, spend period with family, play, write books, and do all those things we never had time for whenever we were younger. Wise Guy in Basic Clothes So, my husband of forty years and We read to each other every morning before breakfast, frequently poetry. We started to travel with this poet of sorts the other day. He makes us consider stuff worth considering while simultaneously enchanting us with his vocabulary, insight, brevity and clearness. It as though it . I am 74 and learned through this publication that I could and should enjoy my very senior years without guilt. As I read it, as a septuagenarian I needed to toss my hands in the air flow and shout, "This is actually the best period in my life!. Part travel essay, part philosophical reflection about aging. Klein's reserve is some sort of travel guidebook for the life span well-lived.. Helpful and pleasurable read for anybody, particularly over age 65. we finish one objective only to replace it with another; we don't shed ourselves in play but are usually trying to attain our "personal best; great blend of interpersonal comment and interesting conversation. and nothing has much meaning. Klein's speaks of this amount of time in our lives, -- enough time before "old" old age

sets in -- seeing that having unlimited possibilities, and he does provide some prescriptive components to find the best possible life during this time period of limited and diminishing time. Many of those opportunities have to do with spending time with people from who so long as want anything. Or BY me! One does not need to be old to enjoy the pleasure of spending slow period with good people. The ages of 40-60 years old are the most stressful in people's lives: Dual caregiving (parents and kids), careers plateau, decline in health, difficulty with sexual function, questioning never-previously-examined values, and not many "do overs." For-profit corporations (particularly during the recent financial down-turn) no more value their employees; I highly recommend it. The Centers for Disease Control recently validated this using its discovering that between 1999-2010 the suicide rate for folks between the ages of 35 and 64 years old increased an alarming 28. Four Stars liked the easy way that subjects had been introduced and discussed. Chances are higher since many suicides go unreported. I retired a few months ago after 40 years of senior high school teaching, and I wanted some phrases of wisdom about enough time of my entire life.. Finally Away: Letting Move of Living Straight, A Psychiatrist's Own Story, I interviewed many men who felt trapped in midlife. As a psychiatric physician I do take some exception to a couple of things.. Or for me personally. The old guy replies that they are his." that is essential read. My kids and grandchildren are actually even more important. This small book could be read easily in one or two sittings, even allowing period for contemplation. live it the simplest way possible: Search for your personal good enough. You should at least look and see.. He means that taking testosterone replacement therapy (TRT) is simply to improve libido in older men.] Only half the story The epicurean idyll is depicted via the island of Hydra, where old men sit in the taverna and discuss the world, play cards, even dance jointly, enjoying the precious years prior to the decline in faculties that extreme old age will bring. Don't look in the mirror an excessive amount of and just benefit from the slower speed and experience the world once again without all the struggling. Good tead Lots of good means of looking at life! Great read Love this publication! I had just finished The Swerve by Stephen Greenblatt. Thought Provoking This is a good read for anybody over 60 and entering into, what we now think of, as the end of the middle or the first part of later years. Pleasurable philosophical travel essay.] I simply finished reading Travels with Epicurus: A Journey to a Greek Island searching for a Fulfilled Existence by Daniel Klein." Klein discusses the Buddha's theory of "the emptiness of striving": In our consumer-driven society, plenty of is never enough; I liked the perspective of an old guy thinking about how . In my research for writing my book, . I liked the perspective of an old guy thinking about how his age and experience gave him an edge in appreciating the beauty and history of the Greek Isles! This little book helped me accept the fact that the price of living longer may be the health issues we should face as we age group. 4%." relationships certainly are a means to a finish rather than a finish in themselves; I have go through it twice. A total treat, and therapeutic to boot! What's it all about, anyway, Alfie?. I have go through it twice. I am kinder to and less challenging of myself and others. For guys with low testosterone it can enhance power and vigor, not just libido. He says, for example, that choosing our supper companions is far more important than the menu. If contemplating "what's next? People don't "should have" to be depressed just because they are very previous or getting there.! But we don't learn how the active previous women are living this phase of their lives.



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