

HOW TO GROW OLD

Ancient Wisdom for the Second Half of Life



Fig. 1: Elderly Roman

Marcus Tullius Cicero

Translated and with an introduction
by Philip Freeman

Marcus Tullius Cicero and

How to Grow Old: Ancient Wisdom for the Second Half of Life (Ancient Wisdom for Modern Readers)



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Worried that later years will inevitably mean dropping your libido, your health, and perhaps your marbles too? Presented within a lively fresh translation with an useful new introduction and the initial Latin on facing webpages, the book straight addresses the greatest fears of getting older and persuasively argues why these concerns are greatly exaggerated?or entirely mistaken. In How exactly to Grow Old, the great Roman orator and statesman eloquently describes ways to make the second half of existence the best component of all?and why you may find that reading and gardening are in fact far more pleasurable than sex ever was." The American founding father John Adams read it repeatedly in his old age. Well, Cicero has some good news for you personally. Montaigne said Cicero's book "gives one an hunger for growing old. Filled with timeless wisdom and useful guidance, Cicero's brief, captivating classic?written in 44 BC and originally titled Upon Old Age?offers delighted and inspired readers, from Saint Augustine to Thomas Jefferson, for a lot more than two thousand years. Now its lessons are even more relevant than ever before in a world enthusiastic about the futile quest for youth.



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that in better occasions would have signaled the start of retirement As I'm striking a milestone birthday this week, that in better instances would have signaled the start of retirement, I'm happy that I had purchased this little volume and taken enough time to learn it.' Worried about memory space? As another old book says, 'there can be nothing new under the sun. Having the Latin on the facing page is a wonderful idea! I read the book in 2 hours and I loved it! This might did quite nicely! I believe the youthful can benefit as much, if not really more out of this book than the old. Over fifty years back I thoroughly enjoyed everything Greek & I've recommended it to friends and I will be re-reading this once again as I "get old. Bulfinch, Ovid, & In fact a fairly short read (I normally browse during the night before bed and completed this in one sitting so one can quickly reread this), my partner bought this for me personally after we read an assessment in the WSJ. This book has used me back and provided me the idea that perhaps I will relearn Latin when/if I retire. While very much of this could be found in various self help publications, Cicero didn't steal the good advice from todays publications He died thousands of years before these books came out. An active inquisitive mind, Cicero says, is vital that you aging well. A fresh old language sounds like a plan! Highly recommend. One last sidelight, Cicero talks about a lot of Roman historical figures (some relatively minor) and their activities about 200 to 250 years previously (from his writing). . . historic. Intersting undertake growing old Interesting. After all, non-e of us gets young, and the youngest folks could prosper aswell from the small investment required to read it. Given the vivid translation and the original author, it provides many cuts above the quality of information in AARP outlets! It was the subject that provided me my very best joy in senior high school. A lot of insights that are never discussed in secondary universities today. There is also some interesting information regarding Roman tradition of the days. Reading Cicero should remind us that we are all individual and have been fighting the vicissitudes of life for provided that humanity provides existed and can continue that struggle until humanity no longer exists. That acknowledged, I would highly recommend this reserve. Hamilton were the best writers. It includes the Latin text initial and the English Translation." Wise Guidance! While certainly well worth reading you could be better off using the library upon this one. Cicero and this writing ought to be required reading for high school students to graduate. In age sound bites and tweets, Cicero may at first seem as well, well . I wonder how many of today's college graduates would understand of also the major character types from US history in enough time of say the French and Indian War through the Battle of 1812, perhaps most and I've a bad sample It never too late What Ciceron wrote was a publication of pure good sense. Its not really "a how to do it" manuel :only a how to think straight about later years with an total lack of the "blues". I browse the book in 2 hours and We loved it! I love the chit-chatty method that Cicero ... I recall (vaguely) trying to read Cicero's Catiline Orations in 3rd year senior high school Latin (tentative grip on the ablative and past pluperfect subjunctive at hand) and convinced that was really needed was an excellent translation where I wouldn't need to simultaneously keep two books open to the right pages. This book offers an intellectual starting to ideas that can lead to true spiritual discussions. Roman. Overall given the reviews I was underwhelmed (not really that anything Cicero said was unpleasant or bad just extremely ordinary). This book has both English translation and the Latin original. This content is wise, useful and witty. Cicero's thoughts are an eternal component of us and have certainly been known for as long as we've human. Note #15 is about the Roman belief in augury. Shame on the pseudo-teachers and administrators of forsaken federal government schools for not going to to Cicero and His accumulated wisdom. I would also recommend THE NEXT HALF OF Lifestyle by Angeles Arrien. Great insight on later years I recommend this book to not just those approaching later years, but to the young as well. Seeing and trying to recall how to pronounce what on the left page was a significant portion of the fun of scanning this book. Ancient Wisdom Written by Cicero a lot more than two thousand years back, this little book touches upon the concerns most of us have as we grow old. Philip Freeman's translation is very easy reading, and I came across myself having a difficult time putting it down. Practically everything in the text is pertinent--and in a lot more eloquent prose than comes in all of the twaddle that

passes for information for all those aging on the internet (or elsewhere). So were they. Sex? So were they. But what's most useful is Cicero's considered what to do, and what matters. Very highly recommended. Superb, revealing with a Context We all need. I read the kindle edition and it was fine, no technical issues. But, the actual fact that we have thousands of years being reminded about the essential sameness of the human being condition, soul and experience is really worth remembering. I love the chit-chatty method that Cicero discusses his friends and the various encounters (ups and downs) that he and they have had in lifestyle. I knew they had it, but I didn't know that they had officials to oversee its practice. Debunks agism Having reached a similar age I find Cicero's wisdom invaluable. relavent wisdom from over 2000years ago. Excellent. Wisdom from an initial class mind which applies to anyone who programs to grow old! Nice Book For Aging That is an amusing book on aging. It is a concise and cogent appear the challenges of old age. (I've also began reclaiming my garden from the brier patch to consider another of his suggestions, albeit on a smaller sized scale). Not translated I thought this was translated to English but is not. Just about everyone, right? Three Stars reading too many hard to learn names



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