

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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After being advised by his dentist to get tooth implants, Daniel Klein decides to stick to his dentures and instead use the money to make a trip to the Greek island Hydra and discover the secrets of aging happily. . . Suggestions on achieving a fulfilling old age from one of the bestselling authors of Plato and a Platypus Walk into a Bar . Drawing on the inspiring lives of his Greek friends and philosophers which range from Epicurus to Sartre, Klein uncovers the simple pleasures that are available late in life, and also the refined pleasures that just an adult mind can fully enjoy. A travel book, a witty and available meditation, and an optimistic guide to living well, Travels with Epicurus is usually a wonderful jaunt to the Aegean and through the terrain of old age that only a free spirit like Klein could lead.



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The trunk cover blurb sort of sums up the theme of the reserve. It's far more important to take trips, spend time with family, play, create books, and do all those things we never really had time for whenever we were younger. I really could set aside the French vocabulary tapes, nap in the sun, stay all time in my pyjamas and read, do those things that I would formerly have considered a waste materials of time or too indulgent,, appreciate longterm friends for his or her loyalty and support and tolerate transgressions. I am kinder to and much less demanding of myself and others. My kids and grandchildren are now even more important. I am very much even more at peace with my aches and pains. I purchased this book about the suggestion of a retired friend of mine. A very reflective book that raises plenty of interesting points. I had just completed *The Swerve* by Stephen Greenblatt.. This reserve delves into Epicurian philosophy, which fascinated me and additional encouraged me to read the Klein book. I've since suggested *Travels with Epicurus* to others approaching pension. This little book can be read easily in a single or two sittings, even allowing time for contemplation. I recommend it. I retired a few months ago after 40 years of senior high school teaching, and I was looking for some terms of wisdom about the time of my life. What's it all about, anyway, Alfie? What exactly are we chasing and what exactly are the probabilities we will capture it before it catches us? I am 74 and learned through this book that I could and really should enjoy my extremely final years without guilt This quiet little book actually changed my modus operandi. To paraphrase: A entrepreneurial type sees a vintage Greek gentleman sitting near the shore sipping ouzo and viewing the sun set on the Mediterranean. Behind the older man are some poorly maintained olive trees. The son asks the old guy if he knows who owns the trees. Wise Guy in Basic Clothes So, my husband of forty years and I actually read to one another every morning before breakfast, often poetry. I have read it twice. he could possibly be rich. we finish one goal and then replace it with another; "Why, then you could do anything you need," says the son. As a psychiatric physician I do take some exception to a thing or two." Especially in your old age, maybe you've currently got what you need.. We loved the admonition to forgo getting on-plank with the "forever .. good blend of sociable comment and interesting dialogue. He makes us consider stuff worth thinking about while concurrently enchanting us along with his language, insight, brevity and clarity. Loren A Olson MD DLFAPA[. If you are over 50, retired, thinking about retirement, this book is for you. I adored the admonition to forgo getting on-board with the "permanently young" imperative sweeping society. I am 74 and learned through this reserve that I could and should enjoy my very senior years without guilt. The outdated man replies that they are his. We begun to travel with this poet of sorts the other day. A "must browse" for everyone age group 60 and older. He means that taking testosterone replacement therapy (TRT) is simply to improve libido in older men. Seeking my Personal Good Enough [...]I simply finished reading *Travels with Epicurus: A Trip to a Greek Island in Search of a Fulfilled Lifestyle* by Daniel Klein. Klein's reserve is some sort of travel guideline for the life span well-lived. I actually liked the perspective of a vintage guy considering how ."Klein discusses the Buddha's principle of "the emptiness of striving": Inside our consumer-driven society, enough is never enough; "Then what," the old guy asks. we don't reduce ourselves in play but are generally trying to attain our "personal best;4%. and nothing has much meaning. Chances are higher since many suicides move unreported. A lot of those opportunities want to do with hanging out with people from who you no longer want anything. He says, for instance, that choosing our dinner companions is far more important than the menu. One does not have to be aged to enjoy the enjoyment of spending slow time with great people. It as if it were discussed me." For-profit corporations (especially during the recent financial down-turn) no more value their employees; they are expendable commodities. The Centers for Disease Control recently validated

this with its discovering that between 1999-2010 the suicide rate for people between the ages of 35 and 64 years old improved an alarming 28." relationships are a means to an end rather than a finish in themselves; Klein's speaks of the amount of time in our lives, – enough time before "old" later years sets in – while having unlimited opportunities, and he does provide some prescriptive elements to get the best possible life during this time period of small and diminishing time. Because of my interest in mature gay/bi/questioning men, I have often wondered – but needless to say it really is never studied – how those suicide rates are impacted by those that remain hopelessly conflicted about their sexual orientation. In my own study for writing my reserve, *Finally Out: Letting Move of Living Right, A Psychiatrist's Own Tale*, I interviewed a lot of men who felt trapped in midlife. The old man replies, "You mean like sit down and sip ouzo as the sunlight goes down? A total treat, and therapeutic on top of that! For guys with low testosterone it can enhance power and vigor, not only sex drive. Thought Provoking This is a good read for anyone over 60 and getting into, what we now think about, because the end of the middle or the early section of old age. People don't "deserve" to be depressed because they are very old or getting there. Although neither TRT nor anti-depressants certainly are a magic pill, both – for a few – can improve their quality of life and donate to a life well-lived. We just have one life; I have go through it twice. This little book helped me accept the fact that the cost of living longer may be the health issues we should face as we age. But we don't learn how the active older women are living this phase of their lives..] 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.. Good tead Lots of good means of looking at life! Great read Love this book!!! Enjoyable philosophical travel essay. Part travel essay, component philosophical reflection in aging. Helpful and exciting read for anybody, particularly over age 65. As I read it, as a septuagenarian I needed to toss my hands in the air and shout, "This is the best period in my life!. This latter publication is approximately Poggio Bracciolinia, a 15th century scribe who tracks down the Roman poet Lucretius's *On the Nature of Things*. We liked the perspective of a vintage guy considering how his age and knowledge gave him an edge in appreciating the wonder and history of the Greek Isles! The best book for entering later years A touch of philosophy and humor , as we baby boomers approach the end. Four Stars liked the simple way that subjects were introduced and talked about.. The young man asks the gentleman if he understands that if he pruned and watered the trees he could triple their yield, after that he could hire employees to keep up the trees and build an olive press to make fine old-world essential olive oil and sell it in America at a handsome revenue; It as though it .. You need to at least look and observe. live it the best way possible: Search for your personal sufficient. The ages of 40-60 yrs . old are the most nerve-racking in people's lives: Dual caregiving (parents and kids), careers plateau, decline in wellness, difficulty with sexual function, questioning never-previously-examined values, rather than many "perform overs. Or for me. Or BY me! If contemplating "what's next?" that is a must read. He also recommend you don't have to make use of anti-depressants in the "previous" old. Don't look in the mirror too much and just benefit from the slower speed and experience the world once again without all of the struggling.



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