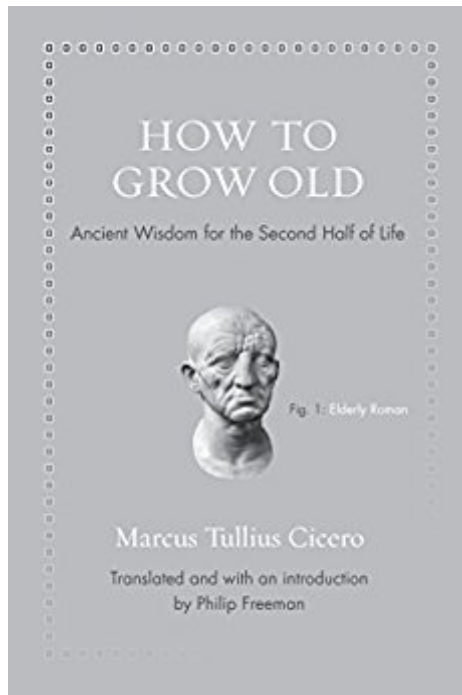


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How To Grow Old: Ancient Wisdom For The Second Half Of Life



Synopsis

Worried that old age will inevitably mean losing your libido, your health, and possibly your marbles too? Well, Cicero has some good news for you. In *How to Grow Old*, the great Roman orator and statesman eloquently describes how you can make the second half of life the best part of all—and why you might discover that reading and gardening are actually far more pleasurable than sex ever was. Filled with timeless wisdom and practical guidance, Cicero's brief, charming classic—written in 44 BC and originally titled *On Old Age*—has delighted and inspired readers, from Saint Augustine to Thomas Jefferson, for more than two thousand years. Presented here in a lively new translation with an informative new introduction and the original Latin on facing pages, the book directly addresses the greatest fears of growing older and persuasively argues why these worries are greatly exaggerated—or altogether mistaken. Montaigne said Cicero's book "gives one an appetite for growing old." The American founding father John Adams read it repeatedly in his later years. And today its lessons are more relevant than ever in a world obsessed with the futile pursuit of youth.

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Customer Reviews

He died thousands of years before these books came out. But, the fact that we have thousands of years being reminded about the basic sameness of the human condition, soul and experience is well worth remembering. Cicero's thoughts are an eternal part of us and have certainly been known for as long as we have human. Reading Cicero should remind us that we are all human and have been struggling with the vicissitudes of life for as long as humanity has existed and will continue that struggle until humanity no longer exists.

As I'm hitting a milestone birthday this week, that in better times would have signaled the start of retirement, I'm glad that I had purchased this little volume and taken the time to read it. Virtually everything in the text is pertinent--and in much more eloquent prose than is available in all of the twaddle that passes for advice for those aging on the internet (or elsewhere). Philip Freeman's translation is very easy reading, and I found myself having a difficult time putting it down. Having the Latin on the facing page is an excellent idea! I recall (vaguely) trying to read Cicero's *Catiline Orations* in 3rd year high school Latin (tentative grip on the ablative and past pluperfect subjunctive in hand) and thinking that what was really needed was an excellent translation where I wouldn't have to simultaneously keep two books open to the right pages. This would have done quite nicely! Seeing and trying to recall how to pronounce the words on the left page was a significant part of the fun of reading this book. Over fifty years ago I thoroughly enjoyed all things Greek & Roman. Bulfinch, Ovid, & Hamilton were my favorite writers. This book has taken me back and given me the idea that perhaps I should relearn Latin when/if I retire. It was the subject that gave me my greatest joy in high school. An active inquisitive mind, Cicero says, is important to aging well. A new old language sounds like a plan! (I've also started reclaiming my garden from the brier patch to take another of his suggestions, albeit on a smaller scale). In the age of sound bites and tweets, Cicero may at first seem too, well . . . ancient. That acknowledged, I would highly recommend this book. After all, none of us is getting younger, and the youngest of us could prosper as well from the small investment required to read it. Given the vivid translation and the original author, it provides several cuts above the quality of advice in AARP outlets!

What Cicero wrote was a book of pure good sense. It's not "a how to do it" manual ; just a how to think straight about old age with a total absence of the "blues".

This book has both the English translation and the Latin original. It is a concise and cogent look the

challenges of old age. There is also some interesting information about Roman culture of the times. Note #15 is about the Roman belief in augury. I knew they had it, but I didn't know that they had officials to oversee its practice. I would also recommend THE SECOND HALF OF LIFE by Angeles Arrien.

Timely.

I found this book full of wisdom for my age group. I am now on the final lapse of this earthly journey. Very enlightening and gives me a purpose for life. SHORT book and really too expensive for such a short read.

The Latin wisdom knowledge and entertainment are unavailable to the layman, even this aged pharmacist. Fresh and intelligent translations keep precious thoughts and writings accessible to the modern reader. My thanks and congratulations for good work well done.

Amazing! Cicero's thoughts are just as insightful now as 2500 years ago.

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