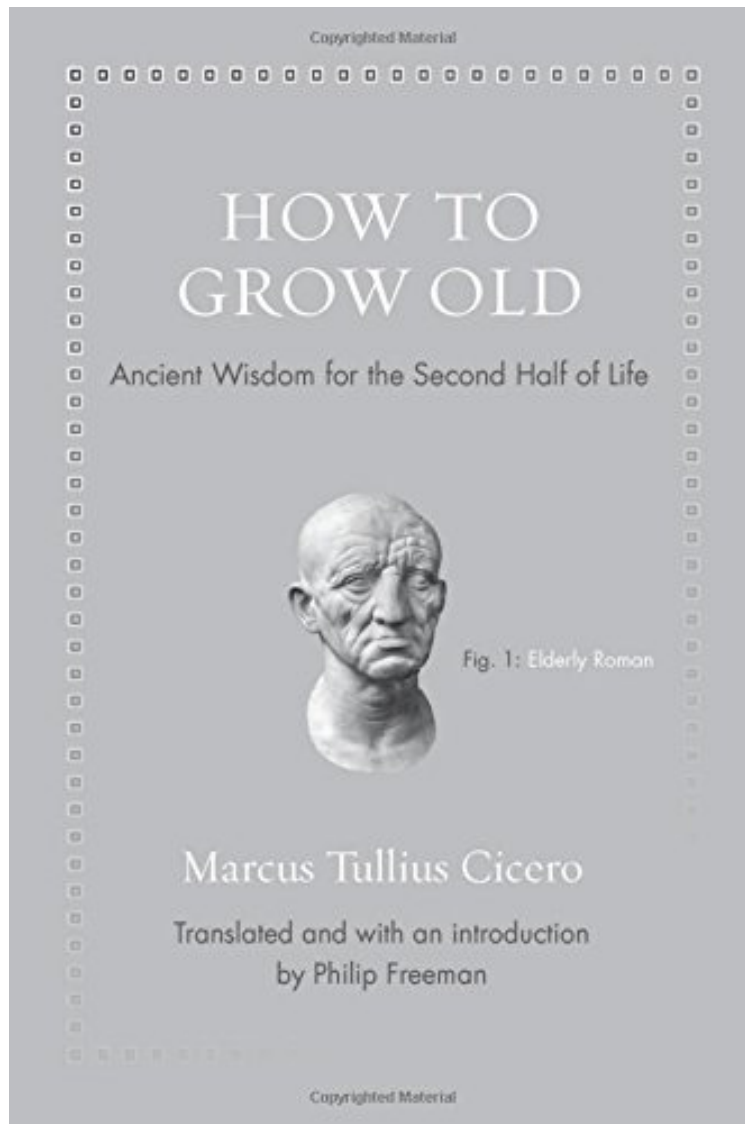


(Download) How to Grow Old: Ancient Wisdom for the Second Half of Life

## How to Grow Old: Ancient Wisdom for the Second Half of Life

*Marcus Tullius Cicero*  
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#112889 in Books Cicero Marcus Tullius 2016-03-29Original language:EnglishPDF # 1 6.90 x .90 x 4.80l, .0 #File Name: 0691167702216 pagesHow to Grow Old Ancient Wisdom for the Second Half of Life | File size: 60.Mb

**Marcus Tullius Cicero : How to Grow Old: Ancient Wisdom for the Second Half of Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Grow Old: Ancient Wisdom for the Second Half of Life:

9 of 9 people found the following review helpful. While much of this can be found in various self help publications, Cicero did not steal the good advice from todays publicationsBy Sam EatonHe 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. 8 of 8 people found the following review helpful. It never too late  
By Michael Burke  
What Cicero wrote was a book of pure good sense. Its not "a how to do it" manuel :just a how to think straight about old age with an total absence of the "blues". 0 of 0 people found the following review helpful. Wise Advice!  
By Mary Vincent Einert  
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.

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.

"Provides useful tips on how to age well." --Wan Lixin, *Shanghai Daily* "[A] covetable little translation." --Karen Shook, *Times Higher Education*  
From the Back Cover "A lively translation of a splendid work." --Stephen Harrison, University of Oxford  
"The more people who read Cicero, the better the world will be." --Anthony Corbeill, University of Kansas  
About the Author Philip Freeman is the editor and translator of *How to Win an Election: An Ancient Guide for Modern Politicians* and *How to Run a Country: An Ancient Guide for Modern Leaders* (both Princeton). He is the author of many books, including *Oh My Gods: A Modern Retelling of Greek and Roman Myths*, *Alexander the Great*, and *Julius Caesar* (all Simon Schuster). He holds the Orlando W. Qualley Chair of Classical Languages at Luther College in Decorah, Iowa.