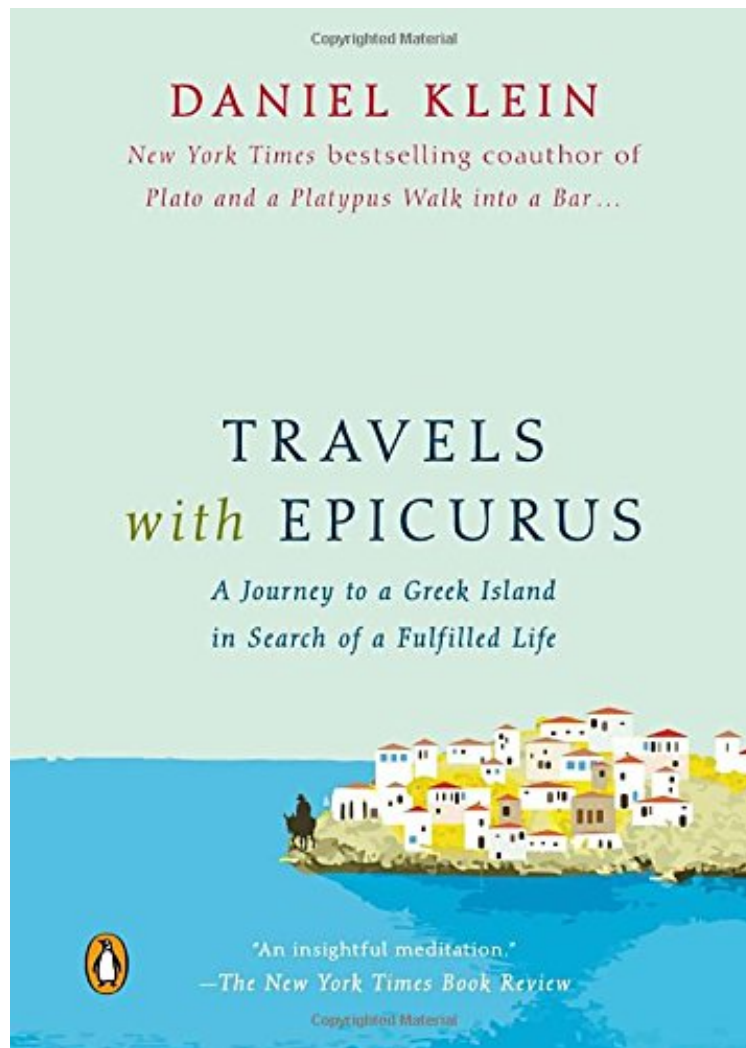


[E-BOOK] Travels with Epicurus: A Journey to a Greek Island in Search of a Fulfilled Life

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

Daniel Klein

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#78511 in Books Daniel Klein 2014-10-28 2014-10-28 Original language: English PDF # 1 6.98 x .46 x 5.011, 1.00 #File Name: 0143126628176 pages Travels with Epicurus A Journey to a Greek Island in Search of a Fulfilled Life | File size: 66.Mb

Daniel Klein : Travels with Epicurus: A Journey to a Greek Island in Search of a Fulfilled Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised Travels with Epicurus: A Journey to a Greek Island in Search of a Fulfilled Life:

39 of 41 people found the following review helpful. If you are wondering how to deal with growing older, this is your book. By Annette Hollander. Without telling you WHAT to think, Dan Klein suggests HOW we can think about growing older in any number of interesting ways. Reading this book is like conversing with a friend who knows some of the

best quotes from philosophers - from ancient Greece to today- to help focus the conversation. We join the author on his Greek Island- vividly depicted- as he clarifies thoughts that have crossed the mind of anyone over 65 who lives thoughtfully, and adds some new ones. This book was very satisfying to read and savor, a few chapters at a time. It is emphatically NOT about how to stay forever young. It does point the way to finding more delight and meaning as we move toward the end of our lives.

5 of 5 people found the following review helpful. Seeking my Personal Good Enough

By Loren A Olson MD[...]I just finished reading *Travels with Epicurus: A Journey to a Greek Island in Search of a Fulfilled Life* by Daniel Klein. Klein's book is a kind of travel guide for the life well-lived. As I read it, as a septuagenarian I wanted to throw my hands in the air and shout, "This is the best time in my life!" Klein discusses the Buddha's principle of "the emptiness of striving": In our consumer-driven society, enough is never enough; we finish one goal only to replace it with another; we don't lose ourselves in play but are always trying to reach our "personal best;" relationships are a means to an end rather than an end in themselves; and nothing has much meaning. Klein's speaks of this time in our lives, -- the time before "old" old age sets in -- as having unlimited opportunities, and he does provide some prescriptive elements for the best possible life during this period of limited and diminishing time. Many of those opportunities have to do with spending time with people from who you no longer want anything. He says, for example, that choosing our dinner companions is far more important than the menu. One does not have to be old to enjoy the pleasure of spending slow time 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 economic down-turn) no longer value their employees; they are expendable commodities. The Centers for Disease Control recently validated this with its finding that between 1999-2010 the suicide rate for people between the ages of 35 and 64 years old increased an alarming 28.4%. It is likely higher since many suicides go unreported. Because of my interest in mature gay/bi/questioning men, I have often wondered -- but of course it is never studied -- how those suicide rates are impacted by those who remain hopelessly conflicted about their sexual orientation. In my research for writing my book, *Finally Out: Letting Go 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. He implies that taking testosterone replacement therapy (TRT) is simply to improve sex drive in older men. For men with low testosterone it can enhance strength and vigor, not just sex drive. He also suggest there is no need to use anti-depressants in the "old" old. People don't "deserve" to be depressed just because they are very old or getting there. Although neither TRT nor anti-depressants are a magic bullet, both -- for some -- can improve their quality of life and contribute to a life well-lived. We only have one life; live it the best way possible: Search for your personal good enough.

Loren A Olson MD DLFAPA[...]1 of 1 people found the following review helpful. I loved the admonition to forgo getting on-board with the "forever ...

By SuzyqueueA "must read" for everyone age 60 and older. This little book helped me accept the fact that the price of living longer is the health issues we must face as we age. I am very much more at peace with my aches and pains. I loved the admonition to forgo getting on-board with the "forever young" imperative sweeping society. It's far more important to take trips, spend time with family, play, write books, and do all those things we never had time for when we were younger.

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