



Old Age: Journey into Simplicity

Helen Luke

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Quick now, here, now, always?
A condition of complete simplicity
(Costing not less than everything)
?T.S. Eliot, *Little Gidding*

In this classic text on aging wisely, the renowned Jungian analyst Helen M. Luke reflects on the final journeys described in Homer's *Odyssey*, Shakespeare's *King Lear*, and T.S. Eliot's *Little Gidding*, as well as devoting attention to suffering.

In examining some of the great masterpieces of literature produced by writers at the end of their lives, she elucidates the difference between growing old and disintegrating, encouraging the reader to grow emotionally and mentally during the culminating stage of life.

Contents:

- Foreword by Thomas Moore
- Introduction by Barbara A. Mowat
- The Odyssey
- King Lear
- The Tempest
- Little Gidding
- Suffering

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Within this era which is the greater man or who has ability in doing something more are more treasured than other. Do you want to become one among it? It is just simple method to have that. What you must do is just spending your time very little but quite enough to enjoy a look at some books. One of several books in the top checklist in your reading list is actually Old Age: Journey into Simplicity. This book and that is qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking way up and review this book you can get many advantages.

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