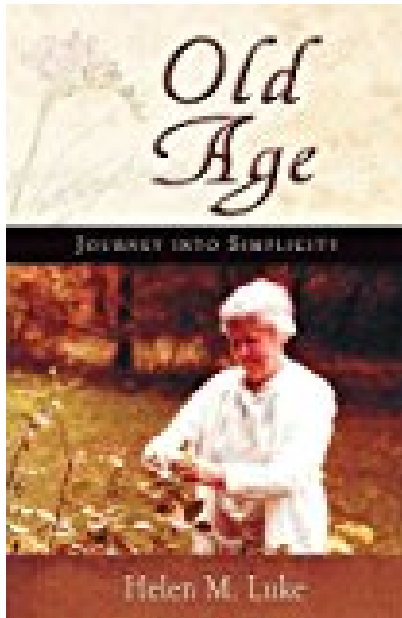


# Old Age Journey Into Simplicity

## [OLD AGE] [Paperback]

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### BOOK DETAILS

- Author : Foreword by Thomas Moore By (author) Helen M. Luke
- Pages : 128 Pages
- Publisher : Lindisfarne Books
- Language : English
- ISBN :

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## BOOK SYNOPSIS

"Better to spend a day meditating on a single page of her writing than to read a stack of books on enlightenment." -Thomas Moore, author of Care of the Soul and The Planets Within "Helen Luke is a unique voice that carries beautiful passion, feeling, and clarity. She is clearly one of our most precious national treasures." - Helen Pinkola Ests, author of Women Who Run with the Wolves In this classic text on aging wisely, the renowned Jungian analyst Helen M. Luke reflects on the final journeys described in Homers Odyssey, Shakespeares King Lear, and T.S. Eliots "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.

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