



# 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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People live in this new time of lifestyle always aim to and must have the time or they will get great deal of stress from both daily life and work. So , when we ask do people have free time, we will say absolutely indeed. People is human not just a robot. Then we request again, what kind of activity have you got when the spare time coming to an individual of course your answer will unlimited right. Then do you ever try this one, reading guides. It can be your alternative inside spending your spare time, the book you have read is definitely Old Age: Journey into Simplicity.

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