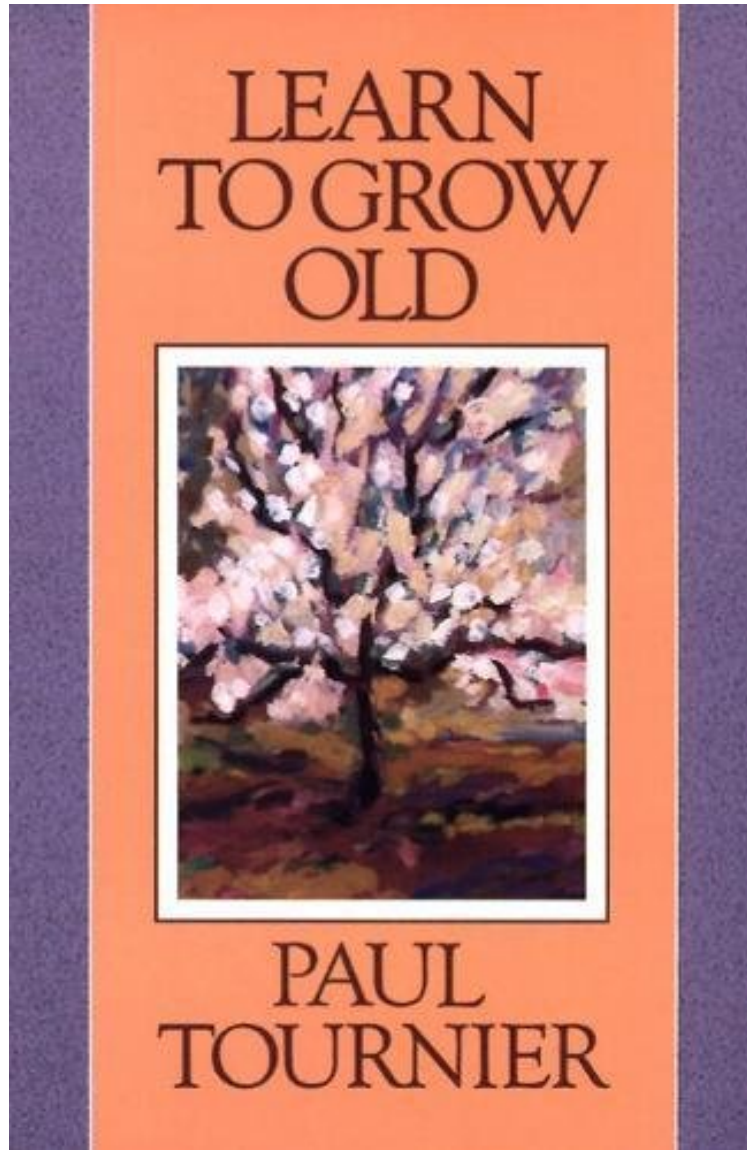


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Learn to Grow Old

Paul Tournier

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Paul Tournier : Learn to Grow Old before purchasing it in order to gage whether or not it would be worth my time, and all praised Learn to Grow Old:

0 of 0 people found the following review helpful. Paul Tournier was a great compiler on subjects that appeal himBy Armando BautistaPaul Tournier was a great compiler on subjects that appeal him. And he is not afraid to tell us so. He went here and there and gather information,then arrange it in a form that was plausible and that made sense. So, in this case. First he went to the sociologists and discovered that they were no so different from the interests that he had

as a general doctor. After all, both were involved in the welfare of the person. And then he went to on to other disciplines. Old age is something to be accepted. And all the things that go along with it: leisure time, disease, sickness and even death. But old age is not something that just one day happens. It is something that creeps in. The fantastic facet is that we can prepare for its coming! How and when? Simple. When we are still young! When we are winning. When we are in the midst of our triumphs. Know that one day, you are not going to have strength. Know that even one day, you will not be able to button your shirt. Somebody else will do it for you. Think of Einstein. In his prime, he could delve into the mysteries of the universe. When he was old, he could not make the distinction between his right and his left sock. Then, Tournier designs some alternatives. How to face retirement and leisure? I mean, leisure may be oppressive. What about a second career? What about a second, third, fourth marriage? We are not eternal in this earth. Prepare for death. It makes sense. He follows Jung. Dedicate more time now to culture. How to define culture? This is the main quid of the book. Take some time to read it, advises Paul. 33 of 33 people found the following review helpful. It's not just for the old! -- Ways to enrich life By D. Woods Paul Tournier has written a book designed to enrich the life of every adult. In "Learn To Grow Old," he shares the wisdom of the art of preparing for old age, a phenomenon that most of us will experience, but for which few of us will be ready. As his book reveals, preparing for old age will actually make our young adulthood as well as our mature years more rewarding as a result. Using leisure time most effectively is a learned behavior, as is enjoying the good of what life offers. Most of us pass rapidly by the joys of life in our rush to one appointment or another, one task, one volunteer session, one social event, and the like. Tournier reminds us concretely and thoroughly that the time to live life to the fullest is in the present, in anticipation of a richer future. World-renowned as a psychologist and author, Tournier's authority comes in part from his background in psychology, practice in medicine, knowledge of humanity, and religion. His is sound advice and he has unforgettable wisdom to share. 1 of 1 people found the following review helpful. Enrich your growing older. By Customer Excellent book. It is so true to life and helpful in everyday life of retirement! It is based on real life cases and interactions with professionals and laypeople. I highly recommend it.

Paul Tournier offers a variety of suggestions to help make growing old not an end but a new beginning, filled with purpose and hope. He suggests ways to remain active, using leisure to our best advantage and not letting it become a tyrant. He also provides insights on taking up new interests; becoming involved with young people and new ideas; and learning to pray, to meditate, to acquire wisdom, and to increasingly draw strength and inspiration from the reality of divine presence and power.

Language Notes Text: English (translation) Original Language: French About the Author Paul Tournier was a Swiss physician who acquired a worldwide audience for his work in pastoral counseling. He made a significant contribution to the understanding of psychiatry and its relation to the Christian faith.