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Old Age

Helen M. Luke

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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 *The Tempest*, and T. S. Eliot's "Little Gidding," and also on 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 and encourages us to grow emotionally and mentally in this culminating stage of our own lives.
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