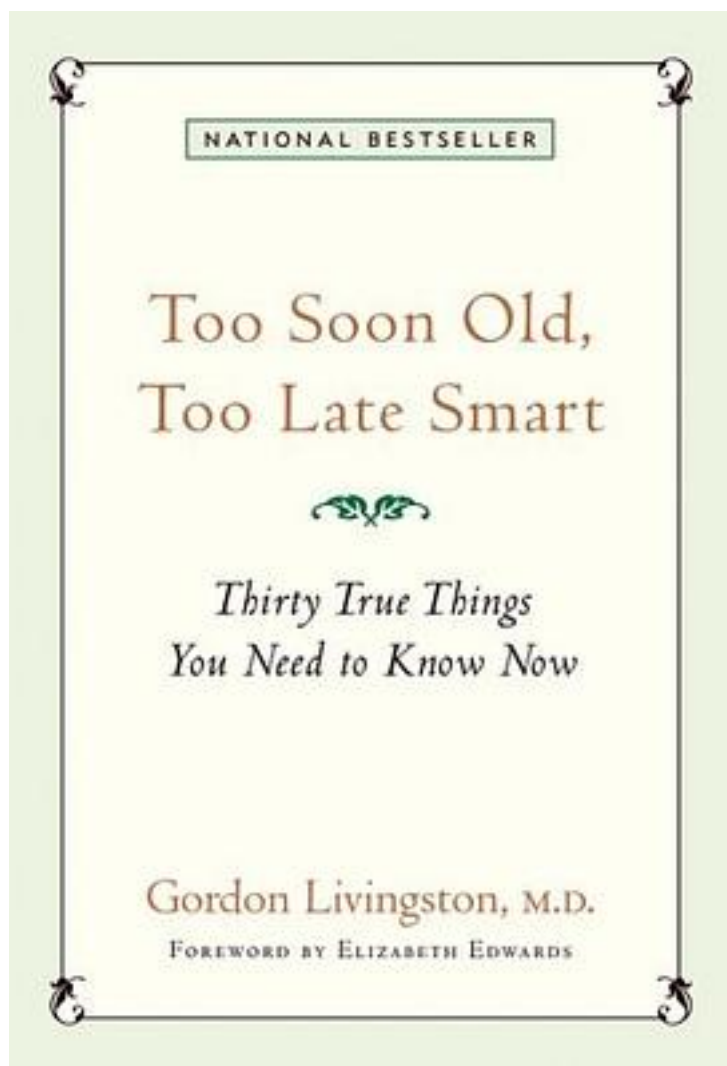


Too Soon Old, Too Late Smart



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著者:Gordon Livingston

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From a psychiatrist who has spent the past thirty years listening to other people's most intimate secrets and troubles; an eloquent, incisive, and deeply perceptive book about the things we all share; and which every one of us grapples with as we strive to make the most of the life we have left.

After service in Vietnam as a surgeon for the 11th Armored Cavalry Regiment in 1968-69, at the height of the war; Dr. Gordon Livingston returned to the U.S. and began work as a psychiatrist. In that capacity, he has listened to people talk about their lives; what works, what doesn't, and the limitless ways (most of them self-inflicted) that we have found to be unhappy. He is also a parent twice bereaved; in one thirteen-month period, he lost his eldest son to suicide, his youngest to leukemia.

Out of a lifetime of experience, Livingston has extracted thirty bedrock truths: We are what we do. Any relationship is under the control of the person who cares the least. The perfect is the enemy of the good. Only bad things happen quickly. Forgiveness is a form of letting go, but they are not the same thing. The statute of limitations has expired on most of our childhood traumas. Livingston illuminates these and twenty-four others in a series of carefully hewn, perfectly calibrated essays, many of which emphasize our closest relationships and the things that we do to impede or, less frequently, enhance them. Again and again, these essays underscore that "we are what we do," and that while there may be no escaping who we are, we also have the capacity to face loss, misfortune, and regret and to move beyond them; that it is not too late.

Full of things we may know but have not articulated to ourselves, Too Soon Old, Too Late Smart is a gentle and generous alternative to the trial-and-error learning that makes wisdom such an expensive commodity. For everyone who feels a sense of urgency that the clock ticks and still we aren't the person we'd like to be, it offers solace, guidance, and hope.

作者介绍:

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标签

心理学

心理

英文原版

美国

生活

self

life

help

评论

非常精彩！ 我需要好好看这本书

when I listened to the audio version, i feel ...

并没什么鸟用。。

越看越有烂尾的感觉

It took me a while to finish the whole book, not because of the volume but because of the randomly unrelated topics embedded in the 30 stories. Most of "the thirty true things you need to know now" we already know, but "highlight" in the short story in this way, still give me a refresh of some thoughts born in mind.

这本书就像作者一巴掌接一巴掌地掴在脸上，却无从分辩，因为他说的都是事实。我想改变，可是又不得不伤心难过地想，如果我就是个自私的混蛋怎么办，这可以改变吗？

I never realised that something could be so simple but strikingly true, while I never thought about it until now.

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书评

用了三天的时间，通读完Too Soon Old, Too Late Smart的稿件。
阅读的过程中，一直想把自己变成作者，变成G·戈登·利文斯顿，一个生在美国的、专业的心里咨询师，接触过无数忧郁症患者的案例,见证过悲欢离合，经历过大喜大悲，一个把什么都能看淡、看透的人。他用自己的专业的...

108 RMB 我以为是多厚的书 多好的书 原来 就二百页不到 纸张 一般 内容还没看!
它是第一本让我感受到 作者的每一个字 都是金子啊!

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