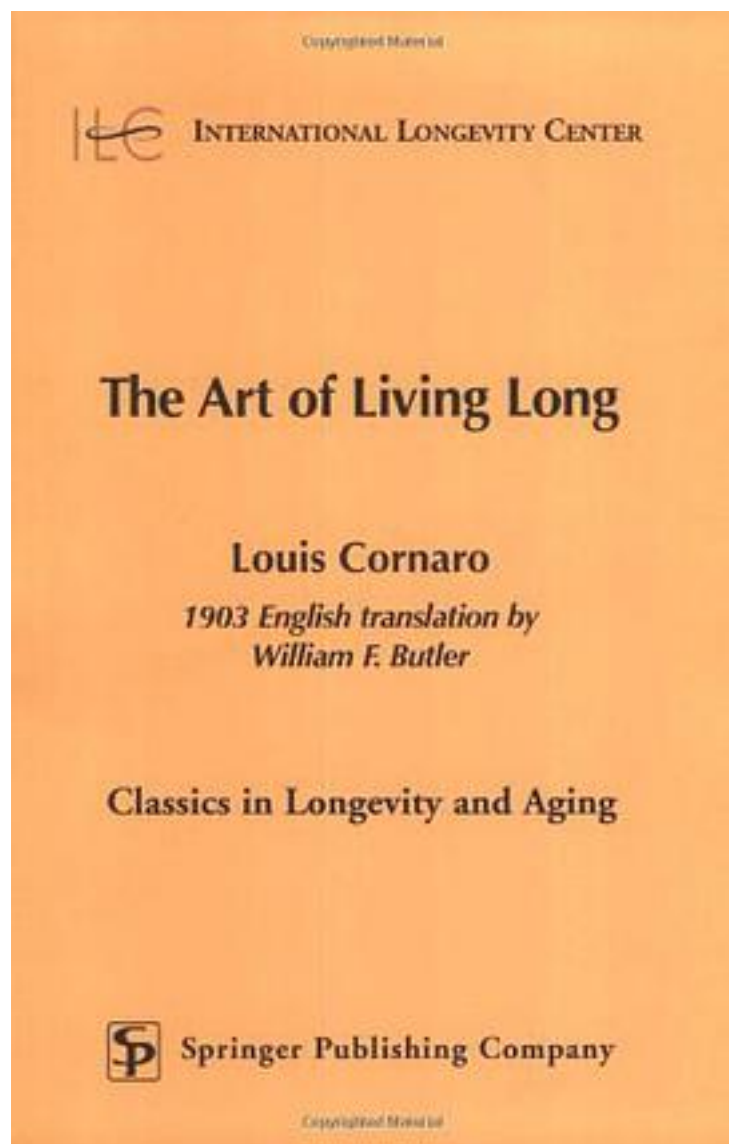


# The Art of Living Long



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著者: Cornaro, Louis

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Sixteenth century Venetian Ambassador and Renaissance Christian Luigi Cornaro was celebrated in his time for his stance on dietary self-restraint, moderate living, and living to the age of 103. For these hundred of years his classic book has survived as a renowned text on longevity and an inspiring treatise on the path of temperance that the author believed could lead anyone out of a state of illness and into a healthy long life. The Art of Living Long contains Cornaro's four discourses, respectively concerned with demonstrating his ideas through his own example, exploring the necessity of temperate habits, assuring a happy old age, and exhorting mankind to follow his rule. With introductions by Dr. Gerald Gruman and Joseph Addison, and additional essays by Lord Bacon and Sir William Temple.

作者介绍:

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