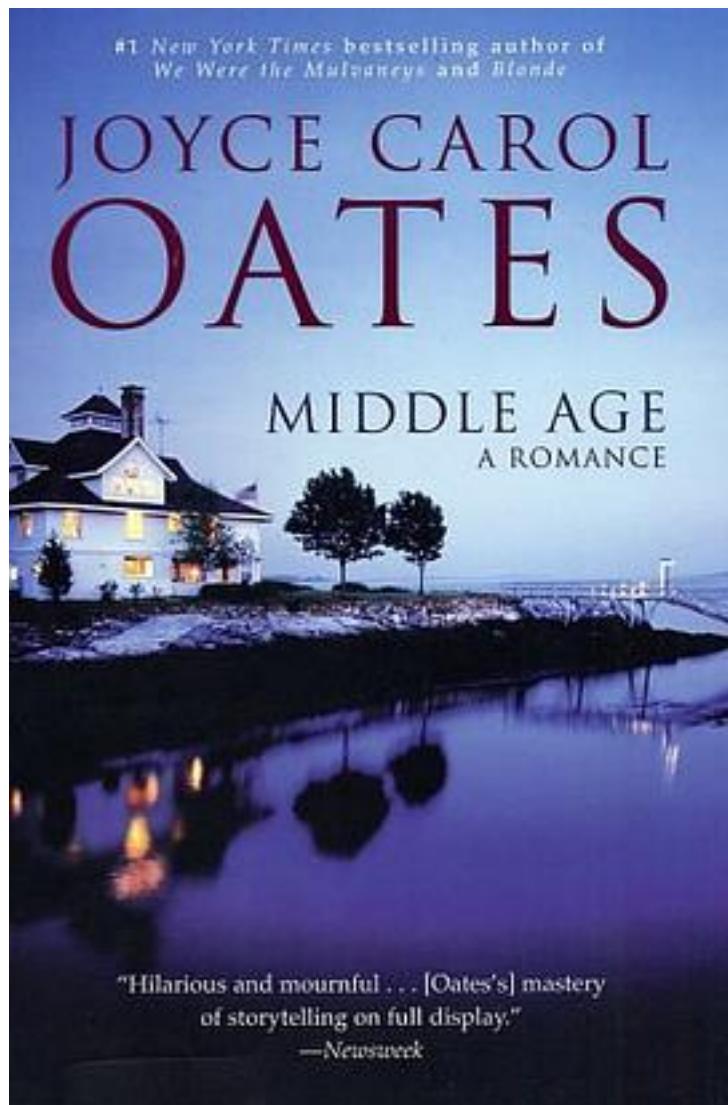


# Middle Age



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著者:Hamilton, Christopher

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Philosopher Christopher Hamilton (who is in his early 40s) provides a philosophical exploration of the moods, emotions, and experiences of middle age in the contemporary world, drawing on personal experiences as well as a wide range of sources - from the philosophical writings of Schopenhauer, Nietzsche, Hegel, and Heidegger to the literature of Tolstoy, Dostoyevsky, and Conrad, and the films of Woody Allen - to offer us a philosophy of middle age. Some of the many fascinating themes explored include the strong sense of nostalgia experienced in mid-life for loss for one's youth and of regret that life has become boring, the recognition that one can never fully escape feelings of guilt, and - central to the experience of middle age - the question of what is the point of going on at all. In the light of the "melancholy wisdom" of mid-life Hamilton suggests that pleasure becomes much more important than at previous stages of life and he shows that the enjoyment of pleasure can be something noble. Insightful, entertaining, and thought-provoking, Middle Age is fascinating reading and for anyone heading for a "mid-life crisis," it is much cheaper than buying a sports car.

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