



# The Art Of Living Long

**Luigi Cornaro**



## **The Art Of Living Long:**

**The Art of LIVING LONG** LUIGI CORNARO,1915      **The Art of Living Long** Louis Cornaro,2005-02-22 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      The Art of Living Long ,1905      The Art of Living Long Luigi Cornaro,Classics of Medicine Library,1916      The Art of Living Long Luigi Cornaro,1905      *ART OF LIVING LONG* LUIGI. CORNARO,2018      **The Art of Living Long** Luigi Cornaro,2023-02-06 Louis Cornaro lived in the fifteenth and sixteenth centuries and attained the age of 102 When a man passes the century mark he is someone to be listened to Luigi Cornaro s own account written toward the close of more than a century of life of the means of his complete restoration from an almost hopeless complication of bodily infirmities to the happy state he continued so long to enjoy may be said to form a life story which in its peculiar significance is without a parallel in history but by demonstrating in a manner most decisive that the condition of perfect health maintained to the full limit of life ordained by Nature is a blessing within the power of every human being to realize and by indicating the path by which all may attain it did this excellent man earn his unique position among the benefactors of mankind Let us hope that our positive and practical age ever ready to judge a proposition by its degree of usefulness will perceive that a rule of life which effected the recovery of a dying man and enabled him to retain entire mental and bodily vigor beyond his hundredth year is of incontestable merit Preface      **The Art of Living Long** Luigi Cornaro,1998      The Art of Living Long Luigi Cornaro,1903      **The Art of Living Long** Luigi Cornaro,1903      **The Public** Louis Freeland Post,Alice Thacher Post,Stoughton Cooley,1916      *The Art of Living Long* Luigi Cornaro,2002      **The Public** ,1918      **The Art of Living Long** Luigi Cornaro,1916      **The Art of Living Long** Luigi Cornaro,2017-09-16 Excerpt from The Art of Living Long A New and Improved English Version of the Treatise Do not think that what is hard for thee to master is impossible for man but if a thing is possible and proper to man deem it attainable by thee About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at [www.forgottenbooks.com](http://www.forgottenbooks.com) This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition We do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve

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