



Travels with Epicurus: A Journey to a Greek Island in Search of a Fulfilled Life

By Daniel Klein

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Advice on achieving a fulfilling old age from one of the bestselling authors of *Plato and a Platypus Walk into a Bar* . . .

After being advised by his dentist to get tooth implants, Daniel Klein decides to stick with his dentures and instead use the money to make a trip to the Greek island Hydra and discover the secrets of aging happily. Drawing on the inspiring lives of his Greek friends and philosophers ranging from Epicurus to Sartre, Klein uncovers the simple pleasures that are available late in life, as well as the refined pleasures that only a mature mind can fully appreciate.

A travel book, a witty and accessible meditation, and an optimistic guide to living well, *Travels with Epicurus* is a delightful jaunt to the Aegean and through the terrain of old age that only a free spirit like Klein could lead.

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Bibliography

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Editorial Review

From Publishers Weekly

Following a trip to his dentist, 73-year-old Klein considers his options after being advised that he needs tooth implants or a denture. Klein (*Plato and a Platypus Walk into a Bar*) opts for a sojourn to the Greek island of Hydra. Accompanied by a suitcase crammed with philosophy books, Klein contemplates the Greek philosopher Epicurus' pivotal question. He fundamentally wanted to know how to make the most of his one life, writes Klein. Eschewing the forever young treadmill many American's embrace, Klein explores a different path, examining the relaxed Greek lifestyle surrounding him. He laments what's lost in the frantic rush to stay youthful: And we have no time left for a calm and reflective appreciation of our twilight years, no deliciously long afternoons sitting with friends or listening to music or musing about the story of our lives. The author ruminates on the benefits of freeing ourselves from the prison of everyday affairs; the pleasures of companionship in old age; battling boredom; the difference between sexual urges and sexual nostalgia; and the value of facing death blissfully. Along the way, Klein touches on the ideas of Bertrand Russell, Erik Erikson, Aristotle, and William James. Klein's narrative is a delightful and spirited conversation, offering up the ingredients inherent to the art of living well in old age. Agent: Julia Lord. (Nov.)

From [Booklist](#)

Klein (*Plato and a Platypus Walk into a Bar*, 2008, among others) returned to the Greek island of Hydra at age 73. His return had a new and specific purpose: "I want to figure out the most satisfying way to live this stage of my life." Prior experience with the island led to conclude that the "old folks of Hydra have always struck me as uncommonly content with their stage in life." But just observing and absorbing what the people had to show and tell him didn't seem like quite enough. To augment his on-site learning, he took with him a stack of philosophy books by ancient Greeks as well as some modern writers. It's an interesting formula, resulting in a lovely little book with both heart and punch, an argument against the "forever young" syndrome so prevalent in contemporary American society. His contemplative time spent observing the old men of Hydra while reading his small library of the great thinkers led him to an "evolving philosophy of a good and authentic old age." --Brad Hooper

Review

"An insightful meditation." - *The New York Times Book Review*

"Along the way, Klein touches on the ideas of Bertrand Russell, Erik Erikson, Aristotle, and William James. Klein's narrative is a delightful and spirited conversation, offering up the ingredients inherent to the art of living well in old age." - *Publisher's Weekly*

"Charming and accessible, this philosophical survey simply and accessibly makes academic philosophy relevant to ordinary human emotion." - *Kirkus Review*

"Witty and wry" - *Huffington Post*

"A lovely little book with both heart and punch." - *Booklist*

"A charming meditation on aging. Daniel Klein takes us on a thought-provoking journey." - *The Weekly Standard Book Review*

“Reading this book after a period of overwork and high stress, I was bowled over by its easy charm and hard-won wisdom. I shall be buying it in bulk as presents for my equally overburdened peers, and I suspect a few older people will enjoy it, too.” – **Markus Berkmann, *The Daily Mail***

“If you think philosophy is hard stuff that makes your head spin and possibly hurt, Klein is the perfect guide to deep thinking. Being fully aware and wondering how best to spend our time are useful practices at any age, and this warm, thought-provoking book is a terrific introduction to thinking about life philosophically.” – ***Concord Monitor* — Multiple**

Users Review

From reader reviews:

Valerie Israel:

Why don't make it to become your habit? Right now, try to ready your time to do the important behave, like looking for your favorite reserve and reading a guide. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled *Travels with Epicurus: A Journey to a Greek Island in Search of a Fulfilled Life*. Try to the actual book *Travels with Epicurus: A Journey to a Greek Island in Search of a Fulfilled Life* as your friend. It means that it can to become your friend when you really feel alone and beside that course make you smarter than ever. Yeah, it is very fortunated for you. The book makes you more confidence because you can know every thing by the book. So , we should make new experience in addition to knowledge with this book.

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