



INTERNATIONAL LONGEVITY CENTER

The Art of Living Long

Louis Cornaro

*1903 English translation by
William F. Butler*

Classics in Longevity and Aging



Springer Publishing Company

The Art of Living Long by Louis Cornaro

Louis Cornaro

16th century Venetian Ambassador and Renaissance Christian Luigi Cornaro used to be celebrated in his time for his stance on nutritional self-restraint, reasonable living, and residing to the age of 103. For those hundred of years his vintage publication has survived as a popular textual content on toughness and an inspiring treatise at the direction of temperance that the writer believed may lead someone out of a country of sickness and right into a fit lengthy life. The artwork of residing lengthy comprises Cornaro's 4 discourses, respectively occupied with demonstrating his principles via his personal example, exploring the need of temperate The Art of Living Long habits, assuring a cheerful outdated age, and exhorting mankind to persist with his rule. With introductions via Dr. Gerald Gruman and Joseph Addison, and extra essays by way of Lord Bacon and Sir William Temple.

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