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Autore	Cornaro Luigi <1475-1566.>
Titolo	The art of living long // Louis Cornaro ; 1903 English translation by William F. Butler
Pubbl/distr/stampa	New York, NY, : Springer Pub. Co., c2005
ISBN	1-281-81159-9 9786611811594 0-8261-2696-0
Edizione	[1st ed.]
Descrizione fisica	1 online resource (185 p.)
Collana	Classics in longevity and aging series
Altri autori (Persone)	AddisonJoseph <1672-1719.> BaconFrancis <1561-1626.> TempleWilliam, Sir, <1628-1699.>
Disciplina	613
Soggetti	Longevity
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"In cooperation with the International Longevity Center."
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	To Louis Cornaro / Randall -- Addison in the Spectator, October 13, 1711 -- Renaissance paths to prolongevity: Cornaro and Bacon -- The live and writings of Louis Cornaro -- The temperate life by Louis Cornaro -- First discourse -- Second discourse -- Third discourse -- Fourth Discourse -- Selections from Lord Bacon's History of life and death, etc. -- Selections from Sir William Temple's Health and long life, etc. -- A short history of the Cornaro Family -- Some account of eminent Cornaros -- Gamba's eulogy upon Louis Cornaro -- Lovarini's The villas erected by Louis Cornaro.
Sommario/riassunto	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 tem

