



# Learn to Grow Old

*Paul Tournier*

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# Learn to Grow Old

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## **Learn to Grow Old** Paul Tournier

Paul Tournier offers a variety of suggestions to help make growing old not an end but a new beginning, filled with purpose and hope. He suggests ways to remain active, using leisure to our best advantage and not letting it become a tyrant. He also provides insights on taking up new interests; becoming involved with young people and new ideas; and learning to pray, to meditate, to acquire wisdom, and to increasingly draw strength and inspiration from the reality of divine presence and power.

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