



# DISCOURSES ON A SOBER AND TEMPERATE LIFE

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LUIGI CORNARO  
Sylvester Graham

# Discourses On A Sober And Temperate Life

**Luigi Cornaro**



## Discourses On A Sober And Temperate Life:

*Discourses on a Sober and Temperate Life* Luigi Cornaro, 2019-11-26 In *Discourses on a Sober and Temperate Life* Luigi Cornaro presents a compelling treatise that intertwines personal narrative with philosophical reflection. Rooted in the Renaissance humanist tradition, Cornaro advocates for a life marked by moderation and temperance as essential to physical and spiritual well-being. His prose, marked by clarity and conviction, draws on both classical sources and his own experiences to argue that a measured approach to life can lead to longevity and contentment. This work not only addresses the dangers of excess but also serves as a guide for those seeking harmony in a turbulent world. Luigi Cornaro, a Venetian gentleman born in the 16th century, discovered the importance of moderation through personal afflictions and a turning point in his health which compelled him to adopt a sober lifestyle. Influenced by the neo-Platonic ideals of his time, Cornaro's philosophies reflect a blend of scientific inquiry and ethical considerations, showcasing his commitment to living a balanced life. His reflections offer an invaluable perspective on the interplay between self-discipline and wellbeing, reinforcing his unique position within the era's discourse on health. *Discourses on a Sober and Temperate Life* is essential reading for those interested in the intersections of philosophy, health, and ethics. Cornaro's timeless advice resonates in today's context, inviting readers to reflect on their own lifestyles and the pursuit of moderation. His insights not only encourage personal growth but also highlight the broader implications of temperance in our everyday lives. In this enriched edition, we have carefully created added value for your reading experience. A succinct Introduction situates the work's timeless appeal and themes. The Synopsis outlines the central plot, highlighting key developments without spoiling critical twists. A detailed Historical Context immerses you in the era's events and influences that shaped the writing. An Author Biography reveals milestones in the author's life, illuminating the personal insights behind the text. A thorough Analysis dissects symbols, motifs, and character arcs to unearth underlying meanings. Reflection questions prompt you to engage personally with the work's messages, connecting them to modern life. Hand-picked Memorable Quotes shine a spotlight on moments of literary brilliance. Interactive footnotes clarify unusual references, historical allusions, and archaic phrases for an effortless, more informed read.

**The Discourses and Letters of Louis Cornaro, on a Sober and Temperate Life** Luigi Cornaro, Piero Maroncelli, 1842

**Discourses on a Sober and Temperate Life** Lewis Cornaro, 2018-09-20 Reproduction of the original *Discourses on a Sober and Temperate Life* by Lewis Cornaro

*Discourses on the Sober Life (Discorsi Della Vita Sobria)* Luigi Cornaro, 1916

*Discourses on a Sober and Temperate Life* Luigi Cornaro, 1768

**Discourses on a Sober and Temperate Life** Luigi Cornaro, 2016-04-04 The author of the following discourses, Lewis Cornaro, was descended from one of the most illustrious families in Venice but by the ill conduct of some of his relations had the misfortune to be deprived of the dignity of a nobleman and excluded from all honours and public employments in the state. Chagrined at this unmerited disgrace, he retired to Padua and married a lady of the family of Spiltemberg whose name was Veronica. Being in possession of a good estate, he was very desirous of having

children and after a long expectation of this happiness his wife was delivered of a daughter to whom he gave the name of Clara This was his only child who afterwards was married to John the son of Fantini Cornaro of a rich family in Cyprus while that island belonged to the republic of Venice Though he was far advanced in life when his daughter Clara came into the world yet he lived to see her very old and the mother of eight sons and three daughters He was a man of sound understanding determined courage and resolution In his younger days he had contracted infirmities by intemperance and by indulging his too great propensity to anger but when he perceived the ill consequence of his irregularities he had command enough of himself to subdue his passion and inordinate appetites By means of great sobriety and a strict regimen in his diet he recovered his health and vigour which he preserved to an extreme old age At a very advanced stage of life he wrote the following discourses wherein he acquaints us with the irregularity of his youth his reformation of manners and the hopes he entertained of living a long time Nor was he mistaken in his expectation for he resigned his last breath without any agony sitting in an elbow chair being above an hundred years old This happened at Padua the 26th of April 1566 His lady almost as old as himself survived him but a short time and died an early death They were both interred in St Anthony s church without pomp pursuant to their testamentary directions

Discourses on a Sober and Temperate Life (Classic Reprint) Lewis Cornaro,2015-08-04 Excerpt from Discourses on a Sober and Temperate Life Discourses on a Sober and Temperate Life was written by Lewis Cornaro in 1833 This is a 179 page book containing 30479 words Search Inside is enabled for this title 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 the state of such historical works

Discourses on a Sober and Temperate Life ... A New Edition, Corrected. To which is Added, Physic of the Golden Age, a Fragment Luigi CORNARO (Author of the "Discorsi della vita sobria."),1814

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 the reins Of govern ment and ruled the kingdom for sixteen years when a revolution forced her To abdicate in favor of a  
 Republic The ex Queen returned to Italy retiring to Asolo near Treviso where until her death in 1516 she held a brilliant  
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CORNARO (Author of the "Discorsi della vita sobria."),1798  
Cornaro,1836

*Discourses on a Sober and Temperate Life* Luigi

## Reviewing **Discourses On A Sober And Temperate Life**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Discourses On A Sober And Temperate Life**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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