



Letters to My Grandson: Why the Unexamined Life is not Worth Living

P.D. Goldsmith

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A charming, wise and idiosyncratic series of twelve letters which give advice to the author's grandson on what it means to become a man. The letters cover fundamental, sensitive and profound matters such as the body and the physical world; smoking, alcohol and drugs; healing the body; character; culture; the role in society; the nature of men and women; relationships; sex; family and fatherhood; and religion. The book also reflects on why the unexamined life is not worth living, with the final substantial letter offering a radical approach to the philosophical and spiritual questions that all of us are likely to ask at some point in our lives.

Although the book primarily addresses the needs of young men moving towards adulthood, much of its content would be of equal interest to young women. In addition, the book contains a generous appendix with suggested reading, film and music lists.

Grandfathers will find this a useful handbook for discussions with grandchildren; parents will get a wider perspective of the problems their children are likely to face and what they are feeling; and if you are a young man, you are lucky indeed to have this book as a companion.

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