

# *Vibrant Living*

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***Live Longer  
Finish Stronger***



Lessons from a Full Life

Fred G.Thompson

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## INTRODUCTION



This book is about living vitally by breaking the many negative myths of life, looking for new challenges and making life more meaningful. It talks about getting out of ruts, taking risks, generating enthusiasm, and creating a zest for life.

The importance of continuous learning, of a sense of purpose is a recurring theme. People are healthier when they are active with a purpose and focus. Some, as they go into retirement, go into decline because they have lost the challenge and excitement of the full life.

What we believe is what we are. And what we plant in our subconscious is more powerful than we are inclined to believe.

Part of beliefs and attitudes is in recognizing the importance of exercise and diet in the achievement of good vital health.

So this book is about keeping vital, and ageless. Age can be thought of as just a number; what counts is how fit we are.

You will note the style of writing uses many imperative verbs. It is action oriented!

The best years of your life may well be ahead. So read and enjoy!

*"When an idea is new, its custodians have fervor,  
live for it, and, if need be, die for it."*

Alfred North Whitehead - 1861 - 1947

Chapter 1

**“SOME WORK OF NOBLE  
NOTE”**



It is appropriate to start this book of inspirational readings with a poem that sets the stage for the chapters that follow. It is from Alfred Lord Tennyson's story of the legendary Ulysses.

Ulysses was the Roman name for Odysseus, the hero of Homer's ODYSSEY. As the story goes, Odysseus, an ancient Greek warrior-king, led the Greeks in the conquest of Troy; then sought adventure with his ship and crew for many years throughout the area of the now Mediterranean. When he returned to his home, he lost interest in life, administering his kingdom with patient routine, and missed the excitement of battle and the bold exploration of new territory. Tennyson describes this frustration and his urge to seek newer worlds in his poem "Ulysses."

“It little profits that an idle king,  
By this still hearth, among these barren  
crag,  
Matched with an aged wife, I mete and  
dole  
Unequal laws unto a savage race  
That hoard, and sleep, and feed, and know  
not me.

I cannot rest from travel: I will drink  
Life to the lees: . . . .

How dull it is to pause, to make an end,  
To rust unburnish'd, not to shine in use!  
As tho' to breathe were life. Life piled on  
life  
Were all too little, . . . .

And this grey spirit yearning in desire  
To follow knowledge, like a sinking star,  
Beyond the utmost bound of human  
thought."

He sees life winding down, yet he does not  
want to quit without a final challenge:

"Some work of noble note, may yet be  
done,  
Not unbecoming men that strove with  
gods."

Then he rallies his men to the new life ahead:

". . . . Come my friends,  
'Tis not too late to seek a newer world.  
Push off, and sitting well in order smite  
The sounding furrows: for my purpose holds  
To sail beyond the sunset, and the paths  
Of all the western stars, until I die."

He goes on, talking about the risks and the adventures that lie ahead, and poses the challenge:

“It may be that the gulfs will wash us  
down:  
It may be we shall touch the Happy Isles,  
And see the great Achilles, whom we  
knew.  
Tho’ much is taken, much abides; and  
tho’  
We are not now that strength which in old  
days  
Moved earth and heaven; that which we  
are, we are;  
One equal temper of heroic hearts,  
Made weak by time and fate, but strong in  
will  
To strive, to seek, to find, and not to  
yield.”

A great inspiration for one who needs a  
renewal of horizons. Worth re-reading from  
time to time.

*"To fall into a habit is to begin to cease to be."*

Miguel de Unamuno - 1864 - 1936

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