

Coming Into Eighty: A Poetic Exploration of Aging, Acceptance, and Celebration by May Sarton



Coming into Eighty: Poems by May Sarton

★★★★☆ 4.2 out of 5

Language : English

File size : 2678 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 90 pages

Lending : Enabled



May Sarton's "Coming Into Eighty" is a powerful and poignant collection of poems that explores the complexities of aging. Published in 1994, just a year before her death, the collection speaks to the universal human experience of growing old with honesty, vulnerability, and a profound sense of acceptance and celebration.

The Acceptance of Mortality

One of the central themes in "Coming Into Eighty" is the acceptance of mortality. Sarton confronts the inevitability of death with courage and grace, acknowledging both the physical and emotional challenges that come with aging. In the poem "Two Diaries," she writes:

I write in one of aging, illness, pain, the fatigue of body, the fierce

Sarton does not shy away from the realities of aging. She acknowledges the physical decline, the loneliness, and the grief that can accompany it. However, she also finds solace in the beauty of the natural world, the enduring power of love, and the creative spirit that remains vibrant even in old age.

The Celebration of Life

Despite the challenges of aging, Sarton's poetry also celebrates the beauty and value of life at any age. In the poem "Dance with Death," she writes:

I am old, and I accept the dance with death, but I will dance first with

Sarton encourages us to embrace the present moment and to find joy in the simple things. She reminds us that life is a precious gift, and that it should be lived to the fullest, regardless of our age.

The Power of Memory

Memory plays a significant role in "Coming Into Eighty." Sarton uses poetry to revisit the past, to explore the experiences and relationships that have shaped her life. In the poem "The Plums," she remembers a childhood memory of picking plums with her father:

We ate the plums as we walked along that afternoon and the sun was hot a

Through memory, Sarton connects with her younger self and with the people who have loved and influenced her. She finds comfort and inspiration in the past, and she uses her poetry to share these memories with her readers.

The Importance of Community

Sarton also emphasizes the importance of community in the aging process. In the poem "Friends," she writes:

Friends are the family we choose as we go along, to be there with us th

Sarton believed that strong relationships are essential for well-being at any age. She found comfort and support in her friends, and she encouraged others to build and maintain meaningful connections.

"Coming Into Eighty" is a remarkable collection of poems that speaks to the universal human experience of aging. May Sarton navigates the complexities of growing old with honesty, vulnerability, and a profound sense of acceptance and celebration. Her poetry reminds us that life is a precious gift, and that it should be lived to the fullest, regardless of our age.

May Sarton's legacy as a poet and a woman who embraced aging with courage and grace continues to inspire and uplift readers around the world. "Coming Into Eighty" is a timeless collection of poems that will resonate with anyone who has ever pondered the complexities and beauty of growing old.



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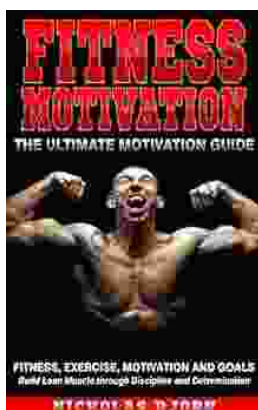
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