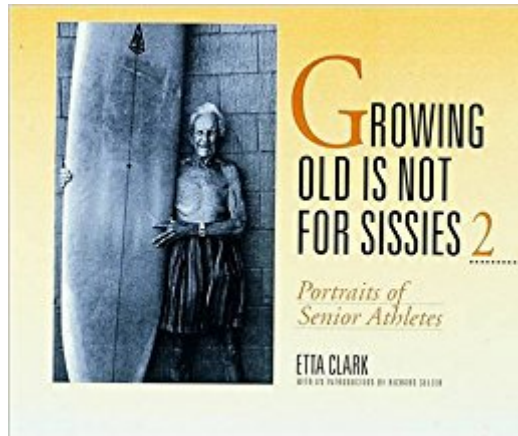




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Growing Old Is Not For Sissies II: Portraits Of Senior Athletes (Bk. 2)



Synopsis

This sequel to the best-selling *Growing Old is Not For Sissies* teaches us to reevaluate the popular associations of age with increasing malaise and infirmity. Instead, it presents 100 vital, compelling portraits of senior athletes accompanied by personal statements and poems on aging. *Growing Old is Not for Sissies II* is testament to the joy of physical activity and of living to a ripe old age. Fourth printing. By Etta Clark.

Book Information

Paperback: 120 pages

Publisher: Pomegranate Communications; 1st edition (October 1, 1995)

Language: English

ISBN-10: 0876544782

ISBN-13: 978-0876544785

Product Dimensions: 9 x 10.8 x 0.4 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 23 customer reviews

Best Sellers Rank: #935,091 in Books (See Top 100 in Books) #68 in *Books > Health, Fitness & Dieting > Aging > Exercise* #481 in *Books > Politics & Social Sciences > Social Sciences > Gerontology* #4330 in *Books > Biographies & Memoirs > Sports & Outdoors*

Customer Reviews

I had to edit my initial 3 star rating from this morning to 5 stars after revisiting the book this afternoon. (Must've been my meds or the wrong book first time around.) This is an inspiring read and view for anyone who's AARP eligible. If you're below that age and a couch potato, it might motivate you to get off your tush and move. Thank you Etta Clark. (If I ever find a reasonably priced *Growing Old I*, I'm nabbing it.)

Etta Clark's first book was groundbreaking and the second book, following up with some of her prior subjects and adding new, was nothing short of inspiring. So true that *Growing Old is Not for Sissies*....but there is no better way to approach it than head on and loving the life you have.

Was a gift for a friend's 70th birthday. She liked it.

Love this inspirational book! I have given many away as birthday presents, but it is hard to find now

that it's out of print. Photos of aging athletes and people who took up exercise late in life. It is obvious that staying in shape all your life will pay off in improved health and vigor late in life. Would love to see a book 3!

I love this book, it is inspirational. I work with older people teaching them exercise and rehabilitating pain and injury. I use this book when I get someone into my office who starts saying, 'its all too late..... I'm just old"

Beautiful photographs. Amazing stories.

Excellent product.

Inspirational - Aging is inevitable, but the athletes pictured in these pages inspired me to keep after the work it takes to age well.

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