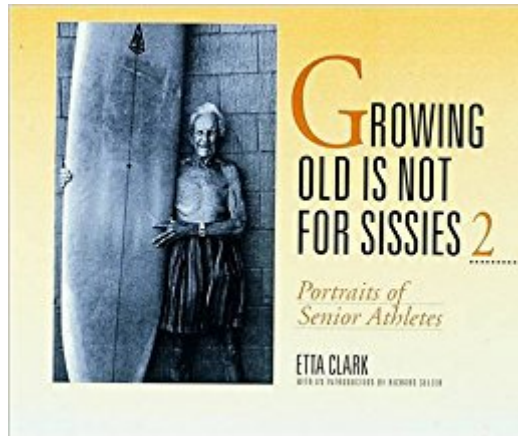




Ebook Directory
the best source of ebook

The book was found

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.

[Download to continue reading...](#)

Growing Old Is Not for Sissies II: Portraits of Senior Athletes (Bk. 2) Growing Marijuana: Box Set - Growing Marijuana For Beginners & Advanced Marijuana Growing Techniques (Growing Marijuana, Marijuana Growing, Growing Marijuana Indoors) Draw Faces: How to Speed Draw Faces and Portraits in 15 Minutes (Fast Sketching, Drawing Faces, How to Draw Portraits, Drawing Portraits, Portrait Faces, Pencil Portraits, Draw in Pencil) Growing Marijuana: Marijuana Growing Tips and Tricks to Get Big Yields For Beginners! (Growing Marijuana For Beginners, Growing Marijuana Indoors & Outdoors, Growing Marijuana Tips and Tricks) Growing Mushrooms for Profit: The Definitive Step-By-Step Guide to Growing Mushrooms at Home for Profit (Growing Mushrooms for Profit, Growing Mushrooms ... Mushrooms, Growing Oyster Mushrooms) Weed: The Ultimate Quick Guide To Growing Great Marijuana (How To Grow Your Own Weed, Growing Marijuana for Beginners, Big Buds, High Yields, Growing Marijuana Indoors, Weed Growing Book 1) Growing Marijuana: Big Buds, Growing Marijuana In Soil For Beginners (Growing Marijuana, Marijuana Cultivation, Marijuana Growing, Medical Marijuana, Marijuana Horticulture) Rose to the Occasion: An Easy-Growing Guide to Rose Gardening, Roses, Growing Roses, Antique Roses, Old Garden Roses, Gardening Tips, Organic Roses, Also ... (Easy-Growing Gardening Series Book 2) Lebron James (3rd Revised Edition) (Amazing Athletes) (Amazing Athletes (Paperback)) Alex Morgan (Amazing Athletes) (Amazing Athletes (Paperback)) The Old Old Story Set To Old Old Tunes: 80 Bible Story Lyrics Growing Marijuana: Box Set: Growing Marijuana for Beginners & Advanced

Marijuana Growing Techniques Cannabis Success: The Easiest Guide on Growing Large Marijuana Plants at Home (Cannabis, Cannabis Growing, Marijuana, Marijuana Growing, Medical Marijuana, Medical Cannabis, Hydroponics) Growing Marijuana: Beginner's Guide for Big Buds - step by step (How to Grow Weed, Growing Marijuana Outdoors, Growing Marijuana Indoors, Marijuana Bible) Marijuana: Growing Marijuana, Beginner's Guide for Big Buds - Step by Step (How to Grow Weed, Growing Marijuana Outdoors, Growing Marijuana Indoors, Marijuana Bible Book 1) Painting Childrens Portraits in Pastel: A Leading Professional Reveals Her Secrets So You Can Paint the Subjects You Love and Even Turn Your Portraits Portraits in Rhythm -- Complete Study Guide: Observations and Interpretations of the Fifty Snare Drum Etudes from Portraits in Rhythm The Ince Blundell Collection of Classical Sculpture: Volume 1, The Portraits Part 1, The Female Portraits (Corpus Signorum Imperii Romani. Great Britain, V. 3, Fasc. 2, 9.) Drawing and Sketching Portraits: How to Draw Realistic Portraits for Beginners Portraits: Master the basic theories and techniques of painting portraits in acrylic (Acrylic Made Easy)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)