



# GROWING OLD IS NOT FOR SISSIES 2

*Portraits of  
Senior Athletes*

ETTA CLARK

WITH AN INTRODUCTION BY RICHARD SELZER

Etta Clark

## Growing Old Is Not for Sissies II: Portraits of Senior Athletes (Bk. 2)



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



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Inspirational for AARP members We had to edit my initial 3 star rating out of this morning to 5 stars after revisiting the book this afternoon. Was something special for a friend's 70th birthday.) This is an inspiring browse and view for anyone who's AARP eligible.. The seller was great and got the book to me quickly but I am disappointed with this book. Excellent product.) When you have to grow old, this is actually the way to accomplish it! I work with older people teaching them exercise and rehabilitating pain and injury. So true that Growing Old isn't for Sissies. I use this reserve when I get someone into my workplace who starts saying, 'its all too late. It gets the same photos as the prior book released.. I assumed it had been a second book on the same topic - but really is the same book as the initial with a new cover. She liked it. (Must've been my meds or the incorrect book first-time around. She loved it. (EASILY ever find a affordable Growing Old I, I'm nabbing it. Excellent product. Great followup to 1st book Inspirational - Aging is inevitable, however the athletes pictured in these pages inspired me to keep following the work it requires to age well. Five Stars a Inspirational I really like this book, it really is inspirational. Etta Clark's first publication was groundbreaking and the second publication, following up with a few of her prior subjects and adding new, was nothing short of inspiring.. I have given many aside as birthday presents, but it is hard to discover given that it's out of print.. If you are below that age and a inactive, it might motivate you to log off your tush and move.. I'm just old" Inspirational Photos of Ageing Athletes Love this inspirational publication!. Would love to see a book 3! It is obvious that residing in shape all of your life can pay off in improved health insurance and vigor late in existence. Photos of aging sports athletes and people who took up exercise late in life. Owner was great and got the book if you ask me quickly but I ... Many thanks Etta Clark..but there is absolutely no better way to treat it than head on and loving the life span you have.



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