

My First 100 Years!



A
Look
Back
from
the
Finish
Line

R. Waldo Mc Burney

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It is sure to inspire visitors of all ages. At age 102, Waldo McBurney isn't only writing books, but is setting international track and field information as a senior athlete, keeping 100 colonies of bees, gardening, touring and living independently with his wife in his own house! Waldo's story is a lot more impressive. Get ready to learn about the most active centenarian you'll ever encounter.



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The book is an easy read and something you will read in a single sitting and then want to read once again. The author's quick wit and solid upbringing, in addition to his perseverance to continue to lead a dynamic lifestyle is certainly reflected in this reserve. With mild humility, and a wonderful sense of humor, Waldo McBurney challenged me to examine my priorities and find life through his valuable filter of wisdom and lifestyle experiences.), but also because it is concise (significantly less than 100 pages). I read this brief reserve and thought it had been really great. Strong faith in God, physically active, eating fresh meals are three primary life-style "elements" for his health and longevity. My mother's life-style shared the above three ingredients and she also had the longevity. Looking forward to it To be honest, I've not received this item yet. Waldo McBurney definitely includes a great love of life and healthy habits that we should all appear at today. McBurney who began distance running at age 65 will be 103 on Oct 3, 2005. This gentleman is over 100 years old and still goes to function every day. I can't wait around to get his publication. 100 years Great book, great worth. My friend is a runner and treasured it. I am uncertain why I want eight more terms before I send this Five Stars very interesting Four Stars funny and inspirational Waldo McBurney is in a class all his own!! I thoroughly enjoyed hearing this wonderful tale! It was like being transported back to an easier time, where nation schoolhouses, daily farm chores, and personal responsibility were the norm for the day! Waldo's comprehensive picture of hard work on the family members farm in the first 1900's, and his reverence for a smart and thrifty Mom who could operate circles around Martha Stewart encouraged me to count my blessings also to appreciate the present day day conveniences we therefore take for granted. Not merely because this writer is unique (just how many authors write books at 100+? He has wisdom and a prescription we are able to all use to business lead a happy, healthy, faith filled lifestyle. I found it very interesting to learn what sort of man over 100 years old is still earning gold medals in monitor and field events, and has continued his bee keeping. He shares a wealth of his personal health information, which includes motivated me to dust off my own jogging shoes, and think twice in what I eat. R. I guarantee that you may be inspired and motivated as you pay attention to this tale of the youngest centenarian you will EVER meet! Be kind to yourself and purchase this book and, more important, study from it. What a treasure!! An inspiration for all age range -- a report in Food, Fitness and Faith Mr. Accordign to it, he personally symptoms and mails each copy. With interesting candor, Waldo acknowledges that all his blessings attended from God, and he openly shares the significance of his relationship with his creator, stressing that the Bible is definitely God's instruction reserve for his life. Among the best! It worth the cost of the book merely to read the 5 pages in chapter 16 that give 21 possible answers to how a man 100 years young can continue beekeeping and winning gold medals in monitor and field events.! Amazing and Inspiring Mr. McBurney's life is a lengthy and interesting one. I was especially impressed with the fact that his father resided 40+ years after his first stroke in part because of his doctor who was ahead of his time in his treatment. The author was sensible at a young age group to find that it could work for him, as well. Faith, exercise, fresh fruits and vegetables, with a little bit of honey - it's really quite simple. Why don't even more folks follow that route? I paid attention to the audio publication and while a professional actor's voice may have been stronger with more inflection, Mr. McBurney's own voice lent an authenticity to the reading that could not be duplicated. Great book! Interesting topic So many of us are in search of the "elixir of youth." I think Waldo found it in basic living and healthy choices. I initially discovered McBurney as one of the oldest working Us citizens during a news interview while surfing the 'net. An easy task to listen to and enjoyable to listen to. Quaint. Most of the same items he stated during his interview had been also in this reserve, however the

book provides a lot more detail into his thoughts. An excellent unique view of life! If you're a runner, understand a runner, or are simply interested in understanding the secrets to an extended and successful existence, this man's fascinating story is a MUST HAVE! I saw this man and his publication featured on a Tv news show. I really believe life style played the most crucial role because as we can see his second wife can be healthy and long-lived. Great publication, with a straightforward message. This is among the best books I read these days. Thanks for posting your interesting and amazing life with us. EASILY live to his age, I hope to write another follow-up to his publication to reflect its validity.



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