

(Free) Going Strong

## Going Strong

*Pat York*

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#4271157 in Books 1991-10Original language:EnglishPDF # 1 12.50 x 9.25 x 1.00l, #File Name: 1559701196255 pages"Growing old isn't so v bad when you consider the alternative, quipped the famed French actor Maurice Chevalier in his later years. And Benjamin Franklin wrote at age eighty-two: "I seem to have intruded myself into the company of posterity when I ought to have been abed and asleep. Yet had I gone at the age of seventy, it would have cut off twelve of the most active years of my life, employed too in matters of greatest importance, and whether I have been doing good or mischief is for time to discover. today, technology and medicine have made great strides in prolonging life well beyond the biblical three score and ten. The irony, however, is that we have not yet come forth with any real plan for providing this ever-increasing older population with an acceptable and meaningful quality of life. Tens of millions of people who spent their earlier years as active, productive members of society now find themselves facing long, lonely, and often painful years. But does it have to be that way? Pat York Doesn't think so and she is going to present an extraordinary collection of interviews and stunning photographic portraits celebrating a group of remarkable men and women all age seventy-five or over and still in high gear. | File size: 20.Mb

**Pat York : Going Strong** before purchasing it in order to gage whether or not it would be worth my time, and all praised Going Strong:

1 of 1 people found the following review helpful. Going StrongBy JoyThis book was an encouragement to me to "keep on keeping on", and to try my best to contribute somethingworthwhile to humanity during these golden years. This book was a joy to read and to learn about people who did notgive up but continued to live useful lives.

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From Publishers Weekly This rich photo collection of some 75 personalities over age 75 exudes the verve that this august body represents. The visual vitality of the photography is reflected in poses and accents suggestive of life lived to the fullest. The brief first-person narratives are simple, straightforward and as endearing as the pictures. A decidedly British influence is in evidence in the selection of interview subjects, who range from stately Brooke Astor to George Burns, Barbara Cartland and Alistair Cooke to scruffy British scrap dealer "Rabbit" Close. No Ponce de Leon remedies are proffered, yet a consensus for longevity emerges. While many denounce smoking, some subjects are portrayed in the act; similarly the jury is out on alcohol. A veritable pharmacopoeia of encouragement, the common denominators driving these over 75ers are hard work, a lust for life, endless curiosity and open and honest relationships (though gay ones are obscured here). The book will inspire respect for the growing population of the elderly. York is a freelance photographer whose work has appeared in *Vogue*, *Newsweek*, *People*, etc. 50,000 first printing. Copyright 1991 Reed Business Information, Inc.