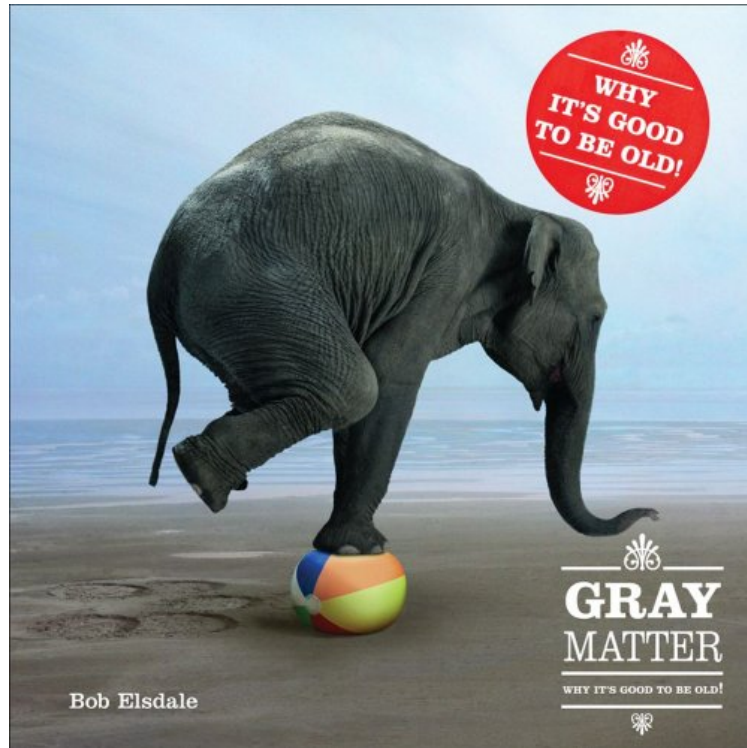


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Gray Matter: Why It's Good to Be Old!

Bob Elsdale

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Bob Elsdale : Gray Matter: Why It's Good to Be Old! before purchasing it in order to gage whether or not it would be worth my time, and all praised Gray Matter: Why It's Good to Be Old!:

0 of 0 people found the following review helpful. Delightful!By K of CSpgsHard to believe these are real elephants. I saw this in a doctor's waiting room and had to purchase a copy for myself. I, of course, thought the photos were the product of Photoshop or out-and-out computer-generated imagery. No, they're real. The photo of the two adult elephants playing tic-tac-toe for the entertainment of a baby elephant is worth the price of the book, and then some.1 of 1 people found the following review helpful. Nice book, good priceBy fuzviewThis is a great book for anyone who is getting on in years or who appreciates elephants. If both descriptions fit you-you will most likely enjoy it even more.0 of 0 people found the following review helpful. Four StarsBy Sarah Bradleyso funny and upbeat. Great present

In every picture, these mammoth mammals exhibit a truly surprising (and downright inspiring) blend of spryness and dignity. Elephants, like us, after all, can live to a grand old age, but when it comes to fun in the sun, they don't let a little gray get in their way.Looking to put a twinkle in your wrinkle? A little rage in your age? We've got just the book for you! Photographer Bob Elsdale has found an extremely unlikely source of inspiration for this irresistible book on the joys of aging-some enormous but very agile elephants.Even if getting older is no day at the beach, that's just where Elsdale's elephants engage in some surprising behavior. The playful pachyderms frolic in the surf, knock around beach balls, lounge in the sun, play tic-tac-toe, and even enjoy catching waves on surfboards.So what does all this have to do

with empowering the elders among us? Lots, as it turns out. The simple but inspired text is full of wry reminders that there are lots of advantages to getting older and endless opportunities to enjoy them. After all, when you've reached a certain age, "No one gets suspicious when you fool around," according to Elsdale's elephants. And, "everywhere is memory lane." A historic herd of baby boomers begins turning 60 this year. And even if they sometimes feel a little weary, they're still young at heart. After all, it's not the body that counts-it's the gray matter that matters.