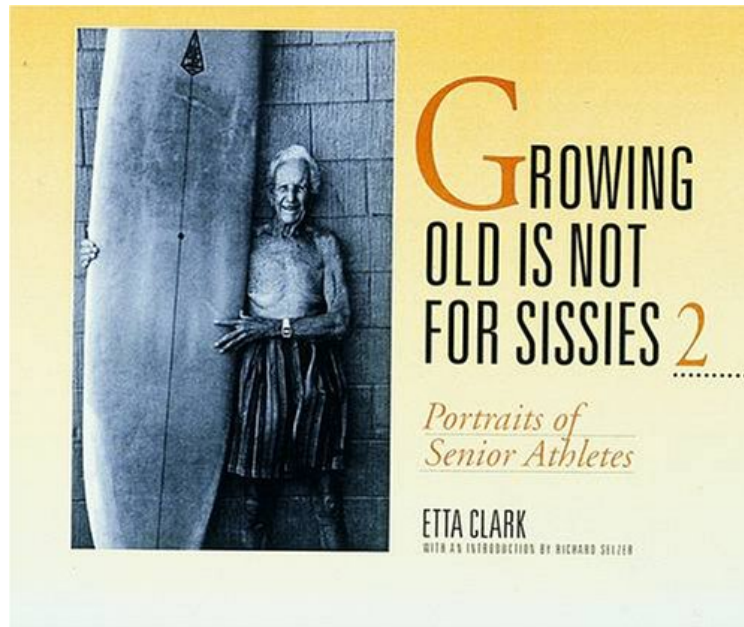


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before purchasing it in order to gauge whether or not it would be worth my time, and all praised Growing Old Is Not for Sissies II: Portraits of Senior Athletes (Bk. 2):

0 of 0 people found the following review helpful. Inspirational for AARP members
By Tinkermann
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.)
0 of 0 people found the following review helpful. If you have to grow old, this is the way to do it!
By Hiwyre
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.
0 of 0 people found the following review helpful. She liked it.
By Alice M. Cardillo
Was a gift for a friend's 70th birthday. She liked it.

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.