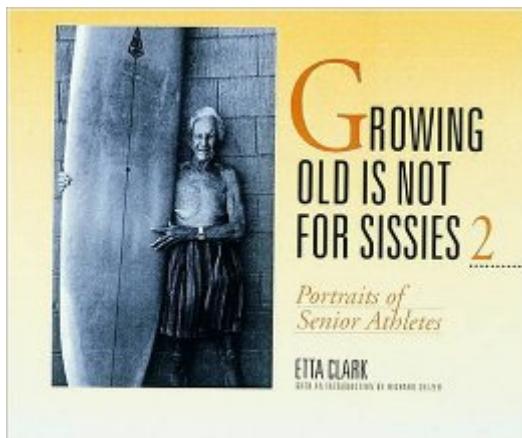


The book was found

Growing Old Is Not For Sissies II: Portraits Of Senior Athletes (Bk. 2)



Synopsis

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.

Book Information

Paperback: 120 pages

Publisher: Pomegranate Communications; 1st edition (October 1, 1995)

Language: English

ISBN-10: 0876544782

ISBN-13: 978-0876544785

Product Dimensions: 9 x 10.8 x 0.4 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (22 customer reviews)

Best Sellers Rank: #574,066 in Books (See Top 100 in Books) #45 inÂ Books > Health, Fitness & Dieting > Aging > Exercise #276 inÂ Books > Politics & Social Sciences > Social Sciences > Gerontology #3072 inÂ Books > Biographies & Memoirs > Sports & Outdoors

Customer Reviews

Just one look at the photos and all your excuses for being a couch potato go out the door. This book is filled with inspirational photos of senior athletes. Helen Zechmeister, age 91, works out 3 days a week, deadlifts 200 pounds and can do the full splits. A competitive swimmer, Marie Wilcox-Little at 73 has a much better figure than I could ever hope to have (I'm merely 30). My favorite: Ivor Welch,(Volume 1)was never active until 83 when his wife his wife passed away. To mourn her death he started walking, then running, then running marathons. By the age of 90 he ran five marathons and 2 half marathons! If Ivor can do it, by golly, so can I! A must have for anyone who wants to enjoy life to its fullest!

I've bought the first book for so many friends as they've reached landmark birthdays, (50's) I decided to get book II for our friend's 75th! Both books are great reminder of just how much ability we have at all stages of life. It's about how much you can do, no matter what your age, instead of viewing age as a limitation.

This book is a must for anyone who works with older adults. It is a photographic essay of some very special people....people who embrace the robustness of life, and who are disciplined to maintain their capabilities as long as possible. Our world is steeped in ageism, that is, believing that older people are only capable of doing things that are "appropriate" for their age. This book shatters those beliefs and provides living examples of people who continue doing what they love to do physically. I wish that Etta Clark would revise this book with a new set of photos every year! I have seen some of these photos over and over again in lectures that people give about aging. It is a book to be owned, not borrowed.

As a professional photographer, I can really appreciate the beautiful and revealing black and white portraits of Etta Clark. Yes, the writings match the quality of the photographs as well.

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.

Growing old is not for Sissies is a wonderful book of black and white photographs of older athletes. I particularly enjoyed the comments which many of the active athletes write. A great gift for all ages!! Etta Clark is truely an incredible photographer.

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.)

Love this inspirational book! I have given many away as birthday presents, but it is hard to find now that it's out of print. Photos of aging athletes and people who took up exercise late in life. It is obvious that staying in shape all your life will pay off in improved health and vigor late in life. Would love to see a book 3!

[Download to continue reading...](#)

Growing Old Is Not for Sissies II: Portraits of Senior Athletes (Bk. 2) The Ince Blundell Collection of

Classical Sculpture: Volume 1, The Portraits Part 1, The Female Portraits (Corpus Signorum Imperii Romani. Great Britain, V. 3, Fasc. 2, 9.) 201 Fun Senior Activities - Top Senior Activities, Elderly Activities, Dementia Activities, and More! (Fun! for Seniors) Growing Marijuana: Beginner's Guide for Big Buds - step by step (How to Grow Weed, Growing Marijuana Outdoors, Growing Marijuana Indoors, Marijuana Bible) Marijuana: Growing Marijuana, Beginner's Guide for Big Buds - Step by Step (How to Grow Weed, Growing Marijuana Outdoors, Growing Marijuana Indoors, Marijuana Bible) Cannabis:The Beginners Guide on How to Start Growing Marijuana Plants at Home (Cannabis, Cannabis Growing, Marijuana, Marijuana Growing, Marijuana Horticulture) Cannabis Success: The Easiest Guide on Growing Large Marijuana Plants at Home (Cannabis, Cannabis Growing, Marijuana, Marijuana Growing, Medical Marijuana, Medical Cannabis, Hydroponics) Beautiful Old Dogs: A Loving Tribute to Our Senior Best Friends GETTING SCREWED AFTER 80! It's not the Same Definition!: A handbook of senior horror stories, and, a few ways to prevent disaster. MUGSHOTS: The Most Fascinating Portraits In The World: OVER 250 Vintage Mugshots From 1870 To 1970 Medalllic Portraits of Washington Pontius Pilate: Portraits of a Roman Governor (Interfaces series) Adolescent Portraits: Identity, Relationships, and Challenges (7th Edition) Souls on Fire: Portraits and Legends of Hasidic Masters The Magnificent Chicken: Portraits of the Fairest Fowl Murder By The Book (#2 Izzy Greene Mystery) (Senior Snoops Cozy Mystery) Your Dog's Golden Years: - Manual for Senior Dog Care Including Natural Remedies and Complementary Options Senior Design for Electrical and Computer Engineering Students: University of Central Florida Senior Fitness: The Diet and Exercise Program for Maximum Health and Longevity The Book of Senior Jokes: The Ones You Can Remember

[Dmca](#)