



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

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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.

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