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Age Is Nothing Attitude Is Everything

Peter Stein

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If a little positive attitude goes a long way, this book should go on forever. And with baby boomers now hitting the 60 mark, the timing couldn't be better. *Age Is Nothing: Atitude Is Everything* is a small, sweet, funny reminder that when it comes to muscles, minds, and dancing shoes, we need to use 'em or lose 'em.

Experts on such things talk about the importance of role models for young people. What a bunch of poppycock! After all, being young is a breeze. Getting old--now there's a challenge. As more and more of us peek down the backside of the hill, we need role models not just to show us how to grow old gracefully but how to stay young at heart indefinitely.

In *Age Is Nothing: Attitude Is Everything*, that's just what we get--a bookful of spunky seniors doing it right. This playful and empowering little book collects photos of gray-but-game enthusiasts celebrating life in myriad ways--all accompanied by upbeat text that keeps the focus on fun.

* Silver-haired sirens take a steam bath proclaiming, We're not getting older, we're getting hotter.

* A skateboarding septuagenarian urges readers to release your inner whippersnapper.

* Pool-shooting grannies remind us to always give it our best shot.

And that's just the beginning. Throughout the book, seniors ski, swing, run, laugh, hug, surf, laugh some more, and soak up the sun. With fun guest appearances from famous elders George Burns, Albert Einstein, and Granny from The Beverly Hillbillies, *Age Is Nothing: Attitude Is Everything's* message is delivered loud and clear: Getting older is mandatory--feeling older is entirely up to you.

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