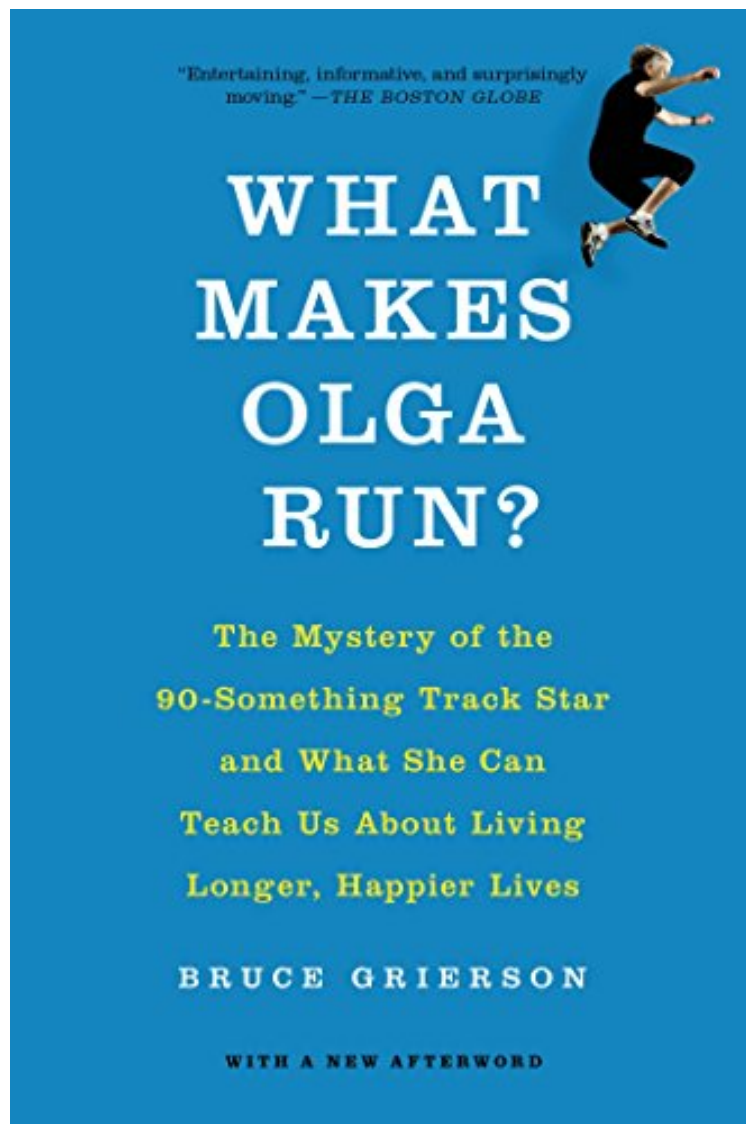


[FREE] What Makes Olga Run?: The Mystery of the 90-Something Track Star and What She Can Teach Us About Living Longer, Happier Lives

What Makes Olga Run?: The Mystery of the 90-Something Track Star and What She Can Teach Us About Living Longer, Happier Lives

Bruce Grierson

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Bruce Grierson : What Makes Olga Run?: The Mystery of the 90-Something Track Star and What She Can Teach Us About Living Longer, Happier Lives before purchasing it in order to gage whether or not it would be

worth my time, and all praised *What Makes Olga Run?: The Mystery of the 90-Something Track Star and What She Can Teach Us About Living Longer, Happier Lives*:

10 of 11 people found the following review helpful. You won't find the answer here. By Ken Kardash I have no relationship with the author or his subject. Like many previous reviewers, I was interested in an overview of current scientific research into healthy aging. The author is a journalist who writes in an engaging, contemporary style. The problem is, many aspects of his approach are so unscientific that it undermines the credibility of even the wobbly conclusions he tries to make. This extends to the fundamental premise of the book as expressed in the subtitle. What can we generalize from a lady track athlete that is so old that she literally has no competitors? As one geneticist is even quoted as saying, nothing! A basic principle of medical research is that trying to explain something after the fact, with a small sample size, is a recipe for misdirection. In this case, we are supposed to learn from a sample of one, with a very basic piece of information unvalidated: Olga doesn't actually have a birth certificate! This reminded me of the historical hoax of the health secrets of Russian centenarians. As if to highlight the futility of his approach, the author expresses confusion over the contradictory health advice of other leading senior athletes. Olga aside, the book could still have worked as a summary of present evidence regarding various lifestyle choices. But this always seems to be reduced to a glib minimum. There are no citations or endnotes. The bibliography of less than three pages consists largely of lay publications. Throwing journalistic objectivity out the window, the author clearly forms a relationship with his subject over the course of several years. There is touching insight into how this may be his way of addressing the premature death of his father, but that should have been a completely different kind of book. Subject and author dine, go to track meets and even attend medical tests together. Strangely, considering the explicit mention of the importance of social ties in longevity, Olga's own family remains largely voiceless. This is all the more striking considering that she lives in her daughters' basement! Perhaps this omission has something to do with the fact that she has already written her own story elsewhere. To me, it just seemed creepy. For a more objective attempt at reviewing the science of longevity, consider *Spring Chicken* by Bill Gifford. For a more light-hearted, well-written treatment of the same subject, you may enjoy *Drop Dead Healthy* by AJ Jacobs. 1 of 1 people found the following review helpful. Defying Aging. By Beverly Ann McCall. Simply loved this book and found it to be inspirational as well as providing a sense of hope. In *What Makes Olga Run?* Bruce Grierson in collaboration with Olga Kotelko captures a quest for the reason why a 93-year-old woman defies the aging stereotype. Grierson searches for the secret to this track star's secret by examining an array of contributing factors. Factors looked at include, diet habits, sleep habits, use of spare time, family history, personality traits and attitude. Their quest allows them to work with scientists around the world to add to the data collected in the area of aging. Grierson does a great job revealing this wonderful woman's lifestyle, goals, and philosophy. Throughout the book, the bottom line is that we need to make sure we use our bodies and our minds so that they can work to their fullest potential and for a long time. Being active, being around others, building friendships, being optimistic and positive all contribute to aging gracefully. But, the reader also needs to know that the DNA we received also plays an important part in the aging process. DNA is a part but not the whole which is a relief because the reader walks away knowing that they have some control in the shaping of their health and longevity. 1 of 1 people found the following review helpful. Live! By SAMI. I read this book during a trip and could not put it down. I am 60 and have lately had thoughts of my own mortality. How much longer do I really have? After reading about Olga, I realize that I may not be near the end, but on the edge of a new beginning. In reading this I realized that even though I am extremely busy, I am doing things to help others accomplish their goals at the expense of my own. Interestingly, my husband is doing a lot of things that Olga does! I am already taking notes on what to do to LIVE like Olga! Although I just read that she passed in 2014, she LIVED!!

A fascinating look at the way we age today and the extent to which we can shape the process. In *What Makes Olga Run?* Bruce Grierson explores what the wild success of a ninety-four-year-old track star can tell us about how our bodies and minds age. Olga Kotelko is not your average ninety-four-year-old. She not only looks and acts like a much younger woman, she holds over twenty-three world records in track and field, seventeen in her current ninety to ninety-five category. Convinced that this remarkable woman could help unlock many of the mysteries of aging, Grierson set out to uncover what it is that's driving Olga. He considers every piece of the puzzle, from her diet and sleep habits to how she scores on various personality traits, from what she does in her spare time to her family history. Olga participates in tests administered by some of the world's leading scientists and offers her DNA to groundbreaking research trials. What emerges is not only a tremendously uplifting personal story but a look at the extent to which our health and longevity are determined by the DNA we inherit at birth, and the extent to which we can shape that inheritance. It examines the sum of our genes, opportunities, and choices, and the factors that forge the course of any life, especially during our golden years.

While this book provides an accessible overview of the current science on aging, its charm comes from the tale of a woman who refuses to hang up her track shoes, and the younger man she inspires. The New York Times Entertaining,

informative, and surprisingly moving. The Boston Globe An inspirational blend of hero's journey and science that delves into the mystery of longevity, health and personal fulfillment. Shelf Awareness Grierson offers an exemplary answer to the longevity question . . . Dedicated runners and weekend warriors, as well as athletes of all types, will find hope in Olga's story. Washington Independent of Books An inspiring book that should appeal to the legions of worried agers. Arkansas Democrat-Gazette If you need some motivation to reach your potential, this might be the story for you. Cape Cod Times Exhilarating [Grierson's] deft re-creation of the moving and humorous bond between Kotelko and himself gives the book its center. A stimulating and inspiring read for all. Library Journal (starred) Grierson's fellow boomers have much to learn from Olga's example. Publishers Weekly Eye-opening and insightful. Kirkus Smart and engaging, What Makes Olga Run is also profoundly inspiring. It will make you wish you were half as fit and exuberant as Olga, whatever your age, while providing a fascinating look at the latest science on aging. Gretchen Reynolds, author of The First 20 Minutes I am nuts about this book and about Olga. But the real kick was accompanying Bruce Grierson - a very good writer - as he took a smart, deep look into the new science of aging - and not aging - at the high end. I know this field a bit, and I still learned important new stuff...all of it great news. Hint: work out like a lunatic 'til the day you die. And jiggle your feet the rest of the time. Olga 'redefined' Grierson's life; she may redefine yours. Chris Crowley, co-author of the Younger Next Year books and Thinner This Year In Olga, Grierson has a magical character with whom to explore the fascinating science of aging--a nonagenarian undecathlete. (That is, a 90-something who excels in 11 different events.) We are left with the empowering knowledge that, to a startling degree, aging itself is a choice. David Epstein, author of The Sports Gene About the Author Bruce Grierson is the author of the books Culture Jam and U-Turn. He has been a freelance writer for twenty-five years. His work has appeared in The New York Times Magazine and Psychology Today, among other publications. He lives in North Vancouver, Canada.