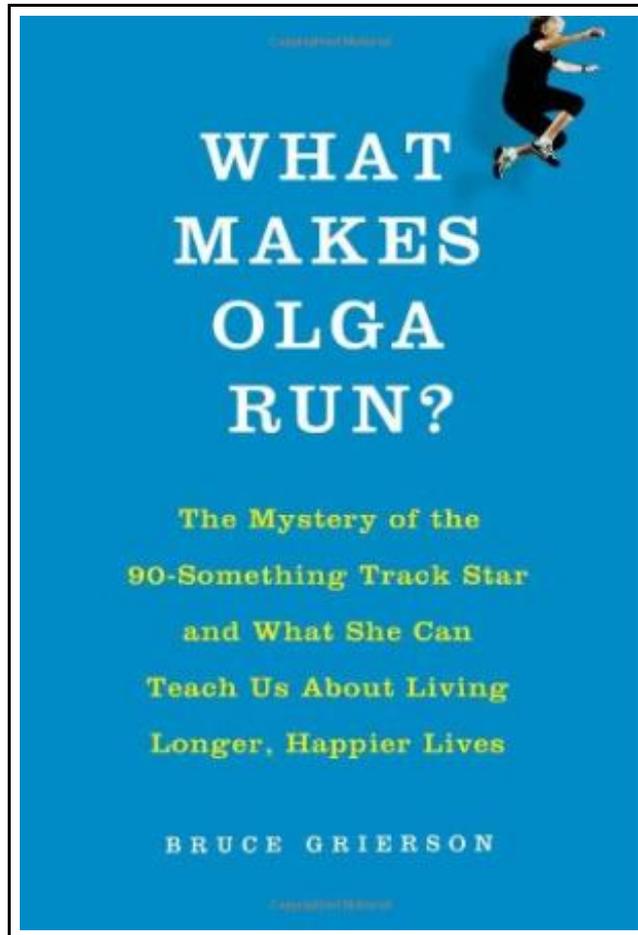


# What Makes Olga Run?: The Mystery of the 90-Something Track Star and What She Can Teach Us about Living Longer, Happier Lives (Hardback)



Filesize: 7.92 MB

## ***Reviews***

*This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.*

*(Cheyanne Barrows)*

## **WHAT MAKES OLGA RUN?: THE MYSTERY OF THE 90-SOMETHING TRACK STAR AND WHAT SHE CAN TEACH US ABOUT LIVING LONGER, HAPPIER LIVES (HARDBACK)**

DOWNLOAD



Henry Holt Company, United States, 2014. Hardback. Book Condition: New. 211 x 142 mm. Language: English . Brand New Book. 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.



[Read \*What Makes Olga Run?: The Mystery of the 90-Something Track Star and What She Can Teach Us about Living Longer, Happier Lives \(Hardback\)\* Online](#)



[Download PDF \*What Makes Olga Run?: The Mystery of the 90-Something Track Star and What She Can Teach Us about Living Longer, Happier Lives \(Hardback\)\*](#)

## Other eBooks

---



**Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (Paperback)**

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on...

[Save Document »](#)

---



**The Mystery of God s Evidence They Don t Want You to Know of (Paperback)**

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Save children s lives learn the discovery of God Can we discover God?...

[Save Document »](#)

---



**Things I Remember: Memories of Life During the Great Depression (Paperback)**

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 203 x 142 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Some Americans who were born and raised during the Great...

[Save Document »](#)

---



**Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 2: The Fizz-buzz (Hardback)**

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It...

[Save Document »](#)

---



**Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 2: Cat in a Bag (Hardback)**

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It...

[Save Document »](#)