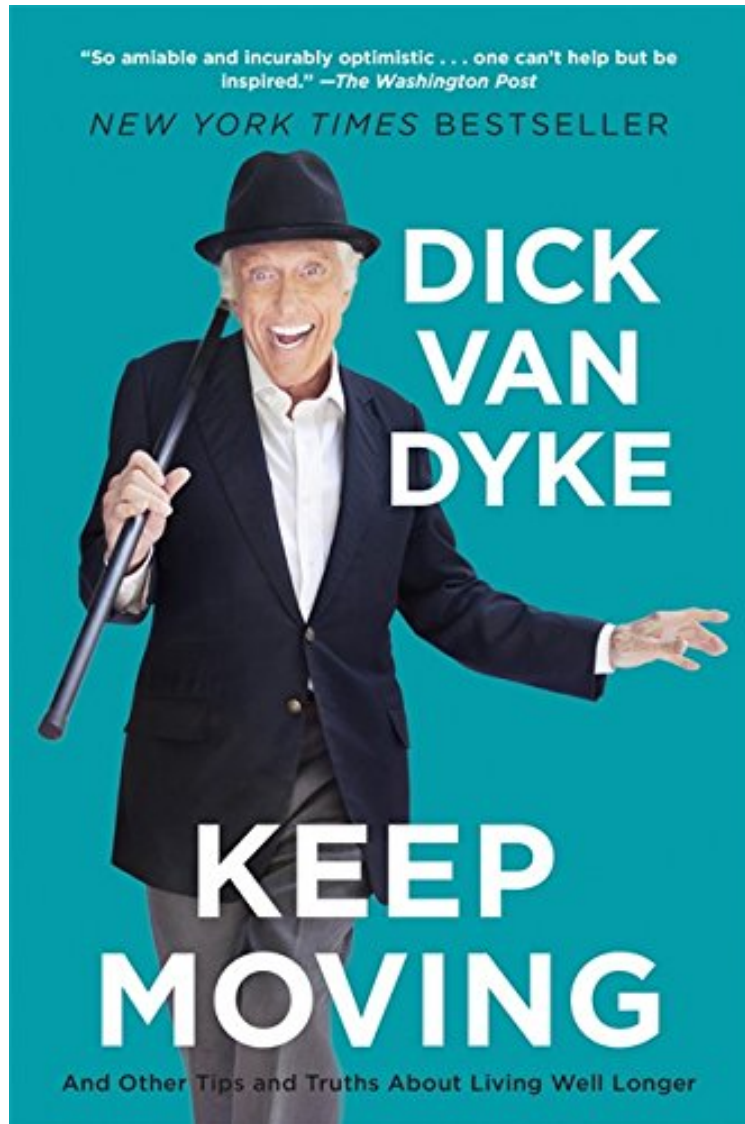


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Keep Moving: And Other Tips and Truths About Living Well Longer

Dick Van Dyke

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Dick Van Dyke : Keep Moving: And Other Tips and Truths About Living Well Longer before purchasing it in order to gage whether or not it would be worth my time, and all praised Keep Moving: And Other Tips and Truths About Living Well Longer:

110 of 112 people found the following review helpful. You Might Just Find Yourself Enjoying Each Day More After Reading ThisBy Benjamin NormanLet me start by saying you don't have to be in the sunset years to appreciate, enjoy,

or be inspired by this book. I am in my thirties...still, I needed the message of this book. If you struggle with living in the NOW or could use a reminder about what really matters in life, this is an enjoyable way to get a little tune-up. Dick Van Dyke is turning ninety this year (Don't tell him that...he is pioneering the "Gray Rights Movement") and refuses to act his age. His health, spirit, and general outlook on life are like that of a boy...and his zest for living is contagious! This book is his advice on physical fitness, mental acuity, spiritual and emotional well being, dealing with grief, and many other topics. The style is very conversational, as if you're listening to him speak on a televised interview. The positive side is his tone is humble and modest. The negative side is occasionally it rambles (taking a page or two of detour to get his point across), but even when it does, it remains interesting and fun. If you're like me, and you sometimes feel like you've got one foot already in the grave, this will have you inspired to view life differently. Don't think of this as a self-help book. Think of it as a wise and loveable grandfather passing along pearls of wisdom about the secrets of a long, healthy, enjoyable life. If you're a fan of his work, and did not read his 2012 memoir, I would suggest starting there. This book does re-cover some of that ground (hence, my only reason for giving it four stars, as I felt select anecdotes were a little redundant) but it's definitely different enough to justify buying. His memoir is just that---the story of a Hollywood legend. This book is more practical and helpful for everyday insights to a better life---whether at 90 or any age. 9 of 9 people found the following review helpful. Reading this puts my mother in a good mood. By Customer I bought this for my recently widowed 79 year old mother and she loves it. She says it is funny, light, easy reading and it puts her in a good mood. She said that Dick Van Dyke is a wonderful storyteller and the book is a pleasure to read. 5 of 5 people found the following review helpful. For a bio, it's okay. By GR8TREKI I'm no fan of celebrity biographies, but being a fan of Dick, I wanted to read this. I enjoyed the humor and stories, but wasn't particularly impressed by them. The main take away was keep a good youthful attitude and it will take you far. Maybe even into old age.

Show-business legend Dick Van Dyke is living proof that life does get better the longer you live it. Who better to offer instruction, advice, and humor than someone who's entering his ninth decade with a jaunty two-step? Van Dyke isn't just a born song-and-dance man; his irrepressible belief in embracing the moment and unleashing his inner child has proved to be the ultimate elixir of youth. When he was injured during the filming of Chitty Chitty Bang Bang, his doctor warned him he'd be using a walker within seven years, but Dick performed a soft shoe right there and never looked back. In *Keep Moving*, Dick Van Dyke offers his own playful anecdotes and advice, as well as insights from his brother, actor Jerry Van Dyke; his friend and creator of *The Dick Van Dyke Show*, Carl Reiner; and other spirited friends and family. Whether he's describing the pleasure he takes in his habitual visits to the grocery store; how he met his late-in-life-love Arlene; or how he sprung back, livelier than ever, from a near-death experience, Dick's optimistic outlook is an invigorating tonic for anyone who needs a reminder that life should be lived with enthusiasm despite what the calendar says. You don't have to act your age. You don't even have to feel it. And if it does attempt to elbow its way into your life, you do not have to pay attention. If I am out shopping and hear music playing in a store, I start to dance. If I want to sing, I sing. I read books and get excited about new ideas. I enjoy myself. I don't think about the way I am supposed to act at my age or at any age. As far as I know, there is no manual for old age. There is no test you have to pass. There is no way you have to behave. There is no such thing as age appropriate. 'When people ask my secret to staying youthful at an age when getting up and down from your chair on your own is considered an accomplishment, you know what I tell them? Keep moving.' Dick Van Dyke

Dick Van Dyke has been in our collective consciousness a very long time, from *Chitty Chitty Bang Bang* and *Mary Poppins*, to *Diagnosis: Murder* and *The Dick Van Dyke Show*. What's the secret to staying young? The popular movie and television stars [says] it's about attitude and staying active and has a new book to prove it. NPR Weekend Edition In this follow-up to his memoir, *My Lucky Life In and Out of Show Business* (2011), song-and-dance man Van Dyke relishes his approaching 90th birthday and shares some tips for readers on reaching and enjoying that venerable age. This is determinedly upbeat stuff. Kirkus sMultitalented [Dick Van Dyke] shares his vast store of knowledge in a memoir that offers tips and truths about [how to] make living an achievement. *The Sacramento Bee*