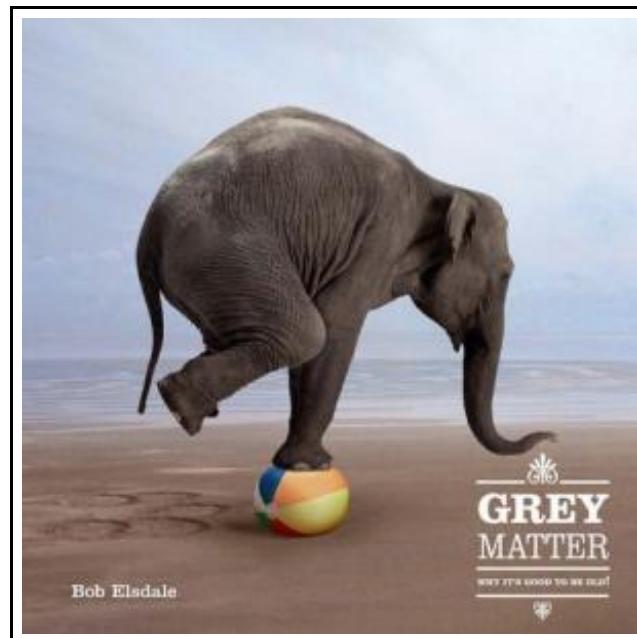


## Grey Matter: Why it's Good to be Old!



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Andrews McMeel Publishing. Hardback. Book Condition: new. BRAND NEW, Grey Matter: Why it's Good to be Old!, Bob Elsdale, Looking to put a twinkle in your wrinkle? A little rage in your age? We've got just the book for you! Photographer Bob Elsdale has found an extremely unlikely source of inspiration for this irresistible book on the joys of aging - some enormous but very agile elephants. Even if getting older is no day at the beach, that's just where Elsdale's elephants engage in some surprising behaviour. The playful pachyderms frolic in the surf, knock around beach balls, lounge in the sun, play hopscotch, and even enjoy catching waves on surfboards. So what does all this have to do with empowering the elders among us? Lots, as it turns out. The simple but inspired text is full of wry reminders that there are lots of advantages to getting older and endless opportunities to enjoy them. After all, when you've reached a certain age, 'No one gets suspicious when you fool around' according to Elsdale's elephants. And, 'everywhere is memory lane'. A historic herd of baby boomers begins turning 60 this year. And even if they sometimes feel a little weary, they're still young at heart. After all, it's not the body that counts - it's the grey matter that matters.

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