



Shut Up and Live! (You Know How)

Marion Downs

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A fun, spirited celebration of life from a woman who proves you can live vibrantly no matter how old you are.

Marion P. Downs learned to ski at the age of fifty. On her fifty-first birthday, she stood at the top of a steep black diamond slope, afraid to go down the hill for the first time. She said to the instructor, "I can't do this! It's too steep for me. What can I do?" The instructor replied, "Shut up and ski!" And added, "You know how."

In the forty-odd years since that day, whenever Downs started to feel apprehensive about taking life by the horns, she'd remind herself to "Shut up and live! You know how." And she does. Now, at the ripe old age of ninety-three, Marion skydives, has participated in a mini-triathlon, and has competed in the Senior Olympics.

In this book, Marion tells readers what it takes to live vigorously into their nineties-how to deal with the changes aging brings, and how to triumph over its challenges. From how to stay fit and mentally active to hot topics like sex, *Shut Up and Live!* is filled with straight talk on the secrets to a long and healthy life. Entertaining and uplifting, this one-of-a-kind guide will inspire readers of all ages to live gloriously.

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From reader reviews:

John Cleveland:

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Billy Stinson:

In this 21st one hundred year, people become competitive in each way. By being competitive now, people have do something to make these individuals survives, being in the middle of the crowded place and notice by simply surrounding. One thing that sometimes many people have underestimated it for a while is reading. That's why, by reading a book your ability to survive improve then having chance to endure than other is high. For yourself who want to start reading a new book, we give you this kind of Shut Up and Live! (You Know How) book as starter and daily reading guide. Why, because this book is usually more than just a book.

Robert Stitt:

Reading can called head hangout, why? Because while you are reading a book particularly book entitled Shut Up and Live! (You Know How) your thoughts will drift away trough every dimension, wandering in most aspect that maybe not known for but surely might be your mind friends. Imaging every word written in a book then become one type conclusion and explanation which maybe you never get ahead of. The Shut Up and Live! (You Know How) giving you another experience more than blown away your thoughts but also giving you useful facts for your better life on this era. So now let us present to you the relaxing pattern here is your body and mind will be pleased when you are finished studying it, like winning a game. Do you want to try this extraordinary spending spare time activity?

Joseph Davis:

As a university student exactly feel bored in order to reading. If their teacher asked them to go to the library or even make summary for some guide, they are complained. Just minor students that has reading's soul or real their leisure activity. They just do what the trainer want, like asked to the library. They go to right now there but nothing reading significantly. Any students feel that examining is not important, boring and can't see colorful pictures on there. Yeah, it is to become complicated. Book is very important in your case. As we know that on this period, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. Therefore , this Shut Up and Live! (You Know How) can make you truly feel more interested to read.

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