

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



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### ***Reviews***


*Good electronic book and valuable one. Of course, it is actually perform, still an interesting and amazing literature. You may like how the author publish this pdf.*  
*(Lisette Schimmel)*


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




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Tantor Media, Inc, United States, 2014. CD-Audio. Book Condition: New. MP3 - Unabridged CD. 190 x 135 mm. Language: English Brand New. 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.

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