



# Shut Up and Live! (You Know How)

*Marion Downs*

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## Shut Up and Live! (You Know How) Marion Downs

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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#### **Charles Stephens:**

A lot of people always spent their particular free time to vacation or even go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you need to try to find a new activity this is look different you can read the book. It is really fun to suit your needs. If you enjoy the book that you read you can spent all day every day to reading a reserve. The book Shut Up and Live! (You Know How) it is extremely good to read. There are a lot of people who recommended this book. They were enjoying reading this book. In case you did not have enough space to bring this book you can buy often the e-book. You can m0ore easily to read this book from a smart phone. The price is not to fund but this book provides high quality.

#### **Chad Brown:**

Your reading sixth sense will not betray anyone, why because this Shut Up and Live! (You Know How) reserve written by well-known writer who really knows well how to make book that may be understand by anyone who have read the book. Written in good manner for you, leaking every ideas and creating skill only for eliminate your hunger then you still question Shut Up and Live! (You Know How) as good book not merely by the cover but also with the content. This is one reserve that can break don't assess book by its include, so do you still needing a different sixth sense to pick this kind of!? Oh come on your reading through sixth sense already told you so why you have to listening to a different sixth sense.

#### **Marie Forrest:**

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