



# Over the Hill, You Pick Up Speed: Reflections on Aging (For Anyone Who Happens To)

*Nardi Reeder Campion*

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*Nardi Reeder Champion*

**Over the Hill, You Pick Up Speed: Reflections on Aging (For Anyone Who Happens To)** Nardi Reeder Champion

From the heartbreak of giving up one's driver's license to the joys of geriatric dating, Nardi Reeder Champion brings her distinctive mix of wit and candor to the subject of aging. The eighty-eight-year-old author approaches the challenges of growing older with imagination and an undimmed zest for life, from exercises that improve one's memory ("for me, memory is the thing I forget with") to creative solutions to being careless in rural America (she does not recommend hitch-hiking). Champion considers with amusement both the things that change (society's attitudes toward sex) and those that remain the same (her own inability to use the f-word). She shares her love of tea and travel, her pleasure in family and friends, and her ongoing frustration at her penchant for losing items large and small, worthless and precious. And she introduces us to some notable people she has met along the way whose influence she continues to feel. Whether inviting her retirement home neighbours to watch a belly-dancer or taking a long-dreamed-of trip to Paris and Normandy at eighty-six, Champion shows that aging can be both funny and fun. If you or someone you know happens to be aging, this book is for you.

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