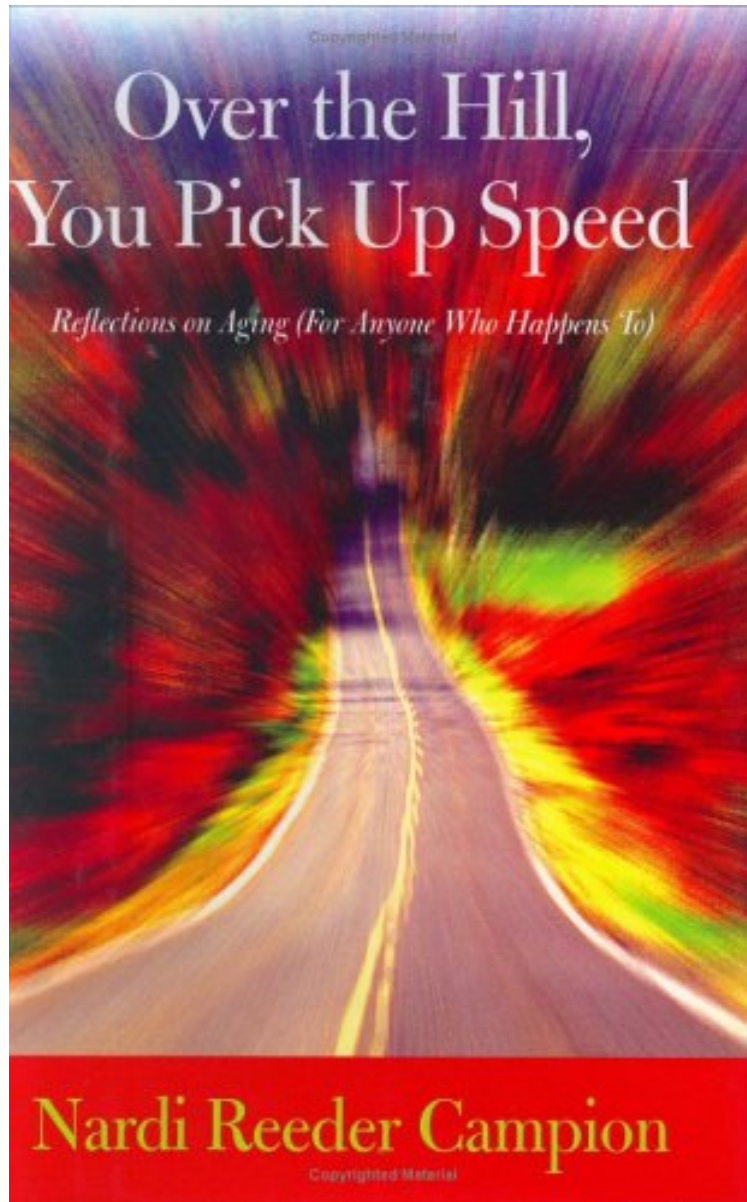


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## Over the Hill, You Pick Up Speed: Reflections on Aging (For Anyone Who Happens To)

*Nardi Reeder Campion*

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**Nardi Reeder Campion : Over the Hill, You Pick Up Speed: Reflections on Aging (For Anyone Who Happens To)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Over the Hill, You Pick Up Speed: Reflections on Aging (For Anyone Who Happens To):

0 of 0 people found the following review helpful. Rich with humor and substance  
By SeekerNardi Campion has such a light touch and sense of humor even when addressing life's greatest challenges. Touching moments as well as laugh-out-loud. Wonderfully written, and an easy read.  
1 of 1 people found the following review helpful. You'll \*love\* this if you're over 70! :-)  
By SheilingThis is the copy I bought for myself after I'd first borrowed it from our town library. The author is a newspaper columnist and her writing and each chapter flows like a feature article. Delightful!The content is perfect for, as she says, those who are aging or plan to. My favorite chapter on first reading was about senior-citizen dating -- and I laughed until my sides hurt and I insisted my closest friends listen as I read excerpts from it aloud.Pre-70s would enjoy it and learn from it but the author has pulled a little beyond that and she knows whereof she speaks. Insightful and great fun!  
1 of 1 people found the following review helpful. Humor and Knowledge from an Aging Optimist: Perfect Combination  
By J. HoffmanThis book is for anyone. I read this for a graduate course on Gerontology and it's one of the few texts I've had to read that I've enjoyed this much. Although already in her eighties, Campion has a way of engaging her reader in everyday dilemmas that accompany issues of aging, while still finding the humorous side in everything. Her work is original and full of insightful observations. She seems to be eternally optimistic about aging; she has accepted the fact that it happens, and now is finding ways to learn from each and every new experience that aging brings. The book is set up in three stages: misadventures in aging, how did I get here?, and people met along the way. The first section talks about funny situations Campion has been in, such as hitchhiking now that she's given up driving, and the fun of geriatric dating. The second section discusses lessons she's learned as a result of her aging, such as how to shop for a bathing suit in your new body! And the last section speaks about the inspirational people she's met throughout her life that have had the most impact on her. Campion asks herself and the reader in the beginning of her book, "Who was that strange-looking character in the mirror? How did she get that way? How does she really feel about growing old? Answer: read on." And although most of her book is on a more sarcastic and humorous note, the book's ending statement leaves an impact. "It has finally dawned on me that growing up and growing old are the same thing. It is what we are meant to be doing all our lives." I would definitely recommend this book to anyone who is interested in looking at aging from a more amusing perspective, which in itself is an encouraging change of pace.

From the heartbreak of giving up one's driver's license to the joys of geriatric dating, Nardi Reeder Campion 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). Campion 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, Campion shows that aging can be both funny and fun. If you or someone you know happens to be aging, this book is for you.

"This woman knows how to choose a word, shape a sentence, construct a paragraph, design an essay. Beyond craft, however, blooms that intangible--voice. It's the infusion of her voice that makes the essays in this collection so remarkable. By voice I mean her life experiences, her unusual ways of seeing and thinking, her presence, her spirit."--Concord Monitor  
"Nardi Campion is a pioneer . . . Delightful.--(Milford, NH) Cabinet"  
"An invaluable first step [to growing old is to read Nardi Reeder Campion's astute and delightful guide to that far bourne."--Wellesley Alumni Magazine  
About the Author  
NARDI REEDER CAMPION is the author of *Everyday Matters* (UPNE, 2004) and of seven other books, including *Bringing Up the Brass* by Sergeant Marty Maher (the basis for the John Ford movie *The Long Gray Line*) and *Mother Ann Lee, Morning Star of the Shakers* (reissued by UPNE, 1990). She has written articles for the *New York Times* (including ten oped pieces), the *Boston Globe*, *Reader's Digest*, the *Chicago Tribune*, the *New Yorker*, *Yankee*, and other publications. Her column "Everyday Matters" has appeared in the *Valley News* for twenty-five years.