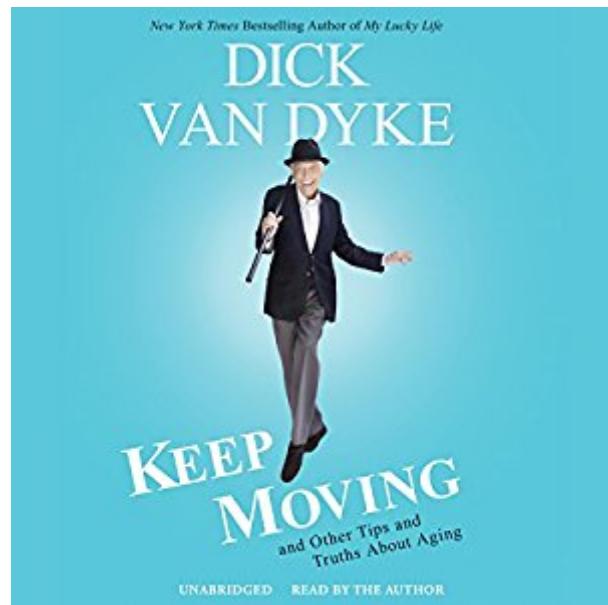


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# Keep Moving: And Other Tips And Truths About Aging



## **Synopsis**

In this entertaining and inspirational memoir, Hollywood legend Dick Van Dyke shares his secret to staying resilient in old age. Beloved Hollywood icon Dick Van Dyke will celebrate his 90th birthday in December 2015. He's an established legend, having starred in *Mary Poppins*, *Chitty Chitty Bang Bang*, and *The Dick Van Dyke Show*. And yet he's still keeping himself busy, entertaining America on television, in movies, on the stage, and on social media. Everyone wonders, "How does he do it?" For the first time, Van Dyke shares his secrets and tips on old age - just keep moving. With a fun and folksy way of addressing its audience, *Keep Moving* serves as an instruction audiobook on how to embrace old age with a positive attitude. The chapters are filled with exclusive personal anecdotes that explore various themes on aging: how to adapt to the physical and social changes, deal with loss of friends and loved ones, stay current, fall in love again, and "keep moving" every day like there's no tomorrow.

## **Book Information**

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## **Customer Reviews**

Let me start by saying you don't have to be in the sunset years to appreciate, enjoy, or be inspired by this book. I am in my thirties...still, I needed the message of this book. If you struggle with living in the NOW or could use a reminder about what really matters in life, this is an enjoyable way to get a little tune-up. Dick Van Dyke is turning ninety this year (Don't tell him that...he is pioneering the "Gray Rights Movement") and refuses to act his age. His health, spirit, and general outlook on life are like that of a boy...and his zest for living is contagious! This book is his advice on physical fitness, mental acuity, spiritual and emotional well being, dealing with grief, and many other topics.

The style is very conversational, as if you're listening to him speak on a televised interview. The positive side is his tone is humble and modest. The negative side is occasionally it rambles (taking a page or two of detour to get his point across), but even when it does, it remains interesting and fun. If you're like me, and you sometimes feel like you've got one foot already in the grave, this will have you inspired to view life differently. Don't think of this as a self-help book. Think of it as a wise and loveable grandfather passing along pearls of wisdom about the secrets of a long, healthy, enjoyable life. If you're a fan of his work, and did not read his 2012 memoir, I would suggest starting there. This book does re-cover some of that ground (hence, my only reason for giving it four stars, as I felt select anecdotes were a little redundant) but it's definitely different enough to justify buying. His memoir is just that---the story of a Hollywood legend. This book is more practical and helpful for everyday insights to a better life---whether at 90 or any age.

It is really hard to do things that used to be easy, and takes four times as long. I needed this book! If you have ever done a search for books on aging, believe me until this one the choices were grim. I mean by that, the books to choose from were grim in their content. This one is such a realistic picture of the aging experience, so reassuring and so positive that I may listen to it once a month. (I bought the audio version because I don't see as well as I used to.) I have always been an active person with nine projects going on at once, but my only role models were people who were happy to sit and watch tv when they were my age. Dick Van Dyke is an example of someone who continues to do what he wants, and his experiences ... losing glasses, keys... are just like mine. And he laughs it off. LOVED this book.

I would like to thank Weinstein Books and NetGalley for providing me with an electronic copy of this book. This is an update on the review that I wrote for the sampler of *Keep Moving*, as I have now read the full edition. A memoir by Dick Van Dyke, *Keep Moving* is more like a testimonial on how to live an active, meaningful life. Mr. Van Dyke lives life to the fullest, never wondering if what he is doing is age appropriate. His sage advice and wisdom come from a lifetime of experiences, both on and off screen. As part of the aging population in this country, Mr. Van Dyke advises that you should change what is on the inside and let your outside age naturally. He keeps working because he loves his profession, but his family is most important in his life. A lifetime of experiences and three loving, committed relationships has helped him keep dancing throughout the years. With some charming anecdotes of his life on stage and screen, *Keep Moving* has definitely peaked my interest and I recommend it to those who are young or young at heart.

Great practical advice on approaching life as one ages. How to live, not just survive. There's a section of headlines throughout his life that he assigns grades to based on his life experiences. It's amazing to think of how many life changing events have happened in his lifetime. As the book states it takes longer to do things as you age and it often hurts, but you have to keep moving. I received an advanced copy in exchange for an honest review.

I bought this for my recently widowed 79 year old mother and she loves it. She says it is funny, light, easy reading and it puts her in a good mood. She said that Dick Van Dyke is a wonderful storyteller and the book is a pleasure to read.

I'm no fan of celebrity biographies, but being a fan of Dick, I wanted to read this. I enjoyed the humor and stories, but wasn't particularly impressed by them. The main take away was keep a good youthful attitude and it will take you far. Maybe even into old age.

A fast, fun read with insights into how we think and act determines who we are and how we feel. By defying the labels and expectations of others, Mr. Van Dyke demonstrates the successes he has had along his 89-plus years circling the sun. May he have many more, and write another book or two along the way.

I absolutely love this book. It's amusing and informative. Dick Van Dyke must be a very interesting and fun person to have around the house. I think most mature people would enjoy reading this book. I think younger people should also read it to have the right attitude about getting older.

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