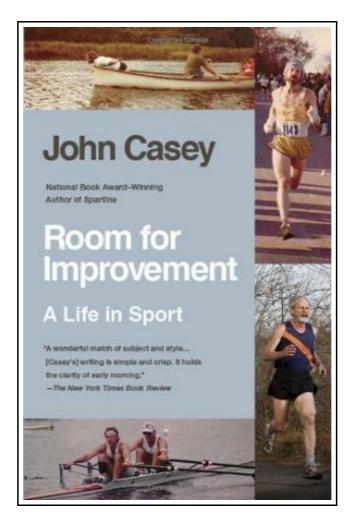
Room for Improvement: A Life in Sport



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Reviews

Very good e-book and helpful one. It is among the most awesome publication we have read. Its been developed in an remarkably simple way in fact it is simply right after i finished reading this book through which basically transformed me, affect the way i really believe.

(Prof. Kacey O'Hara)

ROOM FOR IMPROVEMENT: A LIFE IN SPORT



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Vintage, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "A wonderful match of subject and style . . . [Casey's] writing is simple and crisp. It holds the clarity of early morning." - The New York Times Book Review "He's a damned good writer . . . How many professor types do you reckon would tackle a 50-mile run along the Adirondack Trail or an 11-day winter-survival course in Main that included two nights along in a makeshift cave?" - Wall Street Journal "There's a lot of humor in these essays, most of it good-naturedly aimed at Casey himself. But he's serious, too. Casey doesn't scold those of us who aren't as physically active as we used to be; rather, he entices us to consider getting moving again, preferably outside." - The Boston Globe "Room for Improvement is a marvel of closely observed mostly outdoor sport, much of it alarmingly strenuous, but colored throughout by infectious exuberance and tolerance for discomfort. With genteel detachment well to the rear, Casey brings us point blank to the levels of sporting commitment that rise to illumination." -Thomas McGuane "In these empirical and informative essays, John Casey writes with the 'savor of attentiveness' about those peaks in cardiovascular exercise when we feel transformed-about being, as he puts it, 'encased in the rhythm of what I was doing.' Casey has walked, run, rowed, paddled, and cross-country skied. Not unlike those sports, these connected essays flow into one another, and they reflect more than an author's willingness to suffer 'a ruffled minor vanity'; not unlike the over-seventy athlete he is, John Casey's writing is exemplary and tireless." - John Irving.

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