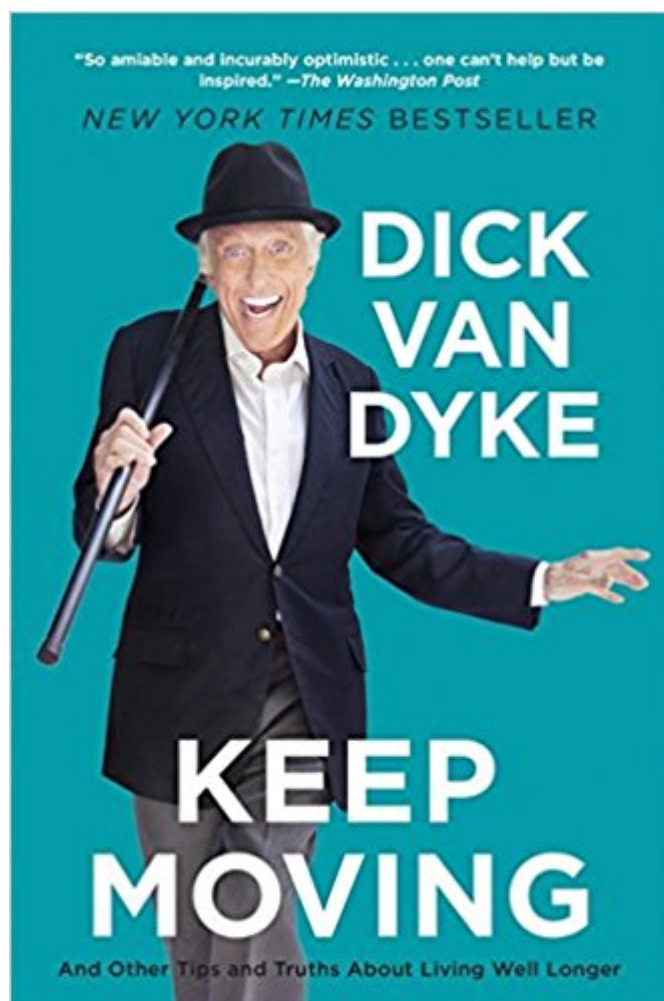


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Keep Moving: And Other Tips And Truths About Living Well Longer



Synopsis

Show-business legend Dick Van Dyke is living proof that life does get better the longer you live it. Who better to offer instruction, advice, and humor than someone who's entering his ninth decade with a jaunty two-step? Van Dyke isn't just a born song-and-dance man; his irrepressible belief in embracing the moment and unleashing his inner child has proved to be the ultimate elixir of youth. When he was injured during the filming of *Chitty Chitty Bang Bang*, his doctor warned him he'd be using a walker within seven years, but Dick performed a soft shoe right there and never looked back. In *Keep Moving*, Dick Van Dyke offers his own playful anecdotes and advice, as well as insights from his brother, actor Jerry Van Dyke; his friend and creator of *The Dick Van Dyke Show*, Carl Reiner; and other spirited friends and family. Whether he's describing the pleasure he takes in his habitual visits to the grocery store; how he met his late-in-life-love Arlene; or how he sprung back, livelier than ever, from a near-death experience, Dick's optimistic outlook is an invigorating tonic for anyone who needs a reminder that life should be lived with enthusiasm despite what the calendar says. "You don't have to act your age. You don't even have to feel it. And if it does attempt to elbow its way into your life, you do not have to pay attention. If I am out shopping and hear music playing in a store, I start to dance. If I want to sing, I sing. I read books and get excited about new ideas. I enjoy myself. I don't think about the way I am supposed to act at my age or at any age. As far as I know, there is no manual for old age. There is no test you have to pass. There is no way you have to behave. There is no such thing as age appropriate." When people ask my secret to staying youthful at an age when getting up and down from your chair on your own is considered an accomplishment, you know what I tell them? "Keep moving." — Dick Van Dyke

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Customer Reviews

“Dick Van Dyke has been in our collective consciousness a very long time, from Chitty Chitty Bang Bang and Mary Poppins, to Diagnosis: Murder and The Dick Van Dyke Show. What’s the secret to staying young? The popular movie and television stars [says] it’s about attitude and staying active—and has a new book to prove it.” • NPR Weekend Edition
In this follow-up to his memoir, *My Lucky Life In and Out of Show Business* (2011), song-and-dance man Van Dyke relishes his approaching 90th birthday and shares some tips for readers on reaching and enjoying that venerable age; this is determinedly upbeat stuff. • Kirkus
Reviews
Multitalented [Dick Van Dyke] shares his vast store of knowledge in a memoir that offers tips and truths about [how to] make living an achievement. • The Sacramento Bee

Dick Van Dyke, the star of *Mary Poppins*, *Chitty Chitty Bang Bang*, and *The Dick Van Dyke Show*, has received five Emmy awards, a Tony, and a Grammy. In 2013, he received the Screen Actors Guild Life Achievement Award. He is also the New York Times bestselling author of *My Lucky Life In and Out of Show Business*. He lives in Malibu, California. Â

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.

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.

This book is an absolute DELIGHT! If you want to learn how to stay young-at-heart, who better to learn from than Dick Van Dyke? This book is so much fun...a collection of stories from his life, some of the health challenges he's had to face, and above all, how a youthful attitude can take you a long way. It is full of optimism, but not denial...just some really healthy, down-to-Earth tips that have helped HIM keep a healthy, active life...and that would help all of us. His accessible, conversational way of writing makes you feel like you're sitting with him having a cup of coffee. I enjoyed every word. Touching, optimistic, loving and practical - it just doesn't get any better than this!

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 very positive outlook from Dick Van Dyke on aging. Humorous, compassionate, and shows that a positive attitude is one of the major factors of surviving to a ripe old age. Never give up. Just like his theme song with words written by More Amsterdam .So you think that you've got trouble, well trouble's a bubble. So tell old Mr. Trouble to get lost. Why not hold your head up high and, stop crying, start trying, and don't forget to keep your fingers crossed. When you find the joy of living, is loving and giving, you'll be there when the winning dice are tossed. A smile, is just a frown that's turned upside down, so smile and that frown will defrost, and don't forget to keep your fingers crossed. That sums up an era. Hard work, positive attitude, perseverance, goals, try, fail, try again. Love with all of your heart. Keep the wonder of life alive in your heart.

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.

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 a another book or two along the way.

This was purchased for my father, and he absolutely enjoyed the book. After completing it, he gave it to his brother, who also loved it.If you are looking for a gift for someone that is actively engaging the process of aging, you have found an enjoyable read.And how do you not like Dick Van Dyke.

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