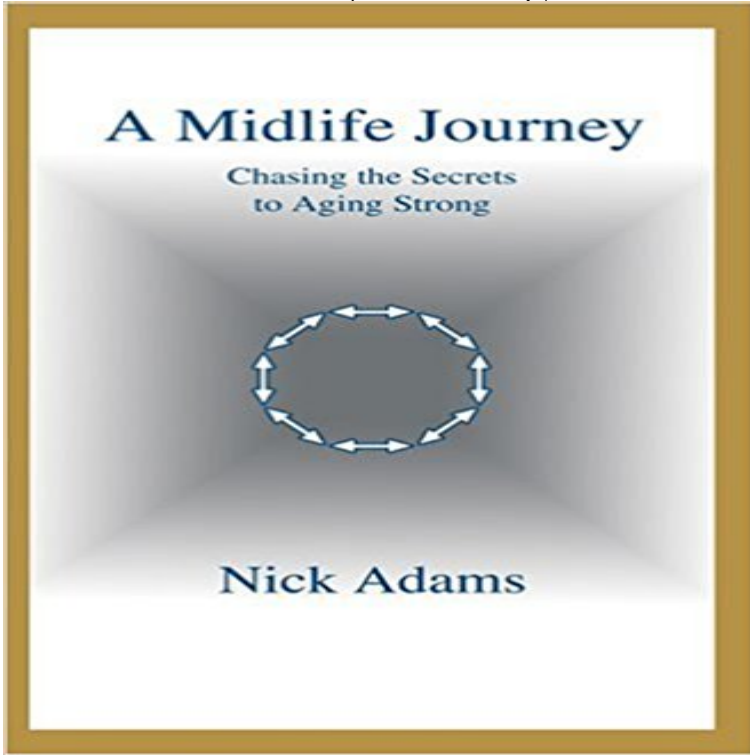


# A Midlife Journey: Chasing the Secrets to Aging Strong



Here's what readers have to say about Nick Adams' *Midlife Journey*: The best thing written about skiing, surfing, strength, vitality and aging since well ever. Adams lays bare the heart of the middle-aged man. What a hoot! You can't help but like Nick Adams. On skis, two surfboards, one red motorcycle, a clumsy blue kayak, and a sleek double scull, Adams chases a cast of characters who put a cheery face on aging. For every man over forty and the women who love them.

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