



## Keep Moving: And Other Tips and Truths About Aging (Hardback)

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By Dick Van Dyke, Todd Gold

Weinstein Books, United States, 2015. Hardback. Condition: New. Language: English . Brand New Book. 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 humour 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...



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