



Can t Nothing Bring Me Down: Chasing Myself in the Race Against Time

By Ida Keeling

Zondervan on Brilliance Audio, 2018. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Can t Nothing Bring Me Down is the memoir of 101-year-old, world-record-holding runner Ida Keeling. Miss Ida, as she s known throughout her Bronx community, isn t your typical runner. Her fierce independence helped her through the Depression and the Civil Rights movement. But her greatest trials were yet to come. Ida s two sons were brutally murdered. Justice was never found. Ida felt like she didn t have the strength to carry on and she couldn t hope anymore. But encouraged by her daughter, Ida put on her first pair of running shoes at the age of sixty-seven and began to chase the paralyzing sorrow from her heart. Running gave light and new energy to Ida, and since her first race nearly thirty-five years ago, she s kept running and never looked back. Holding the world record for the fastest time in the 60-meter dash for the 95-99 age group, Ida isn t slowing down. Now she gives us a clear picture of what it means to overcome obstacles. Ida Keeling shares her inspirational story about growing up as a child of immigrants during the...



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