



Room for Improvement: A Life in Sport

John Casey

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From the author of the novel *Spartina*, which won the National Book Award and has established itself as a modern classic, comes a collection of essays that describe with tenderhearted candor and humor a lifetime's worth of addiction. No, not an addiction to booze or drugs, but an addiction to a more natural gratification: the joy of sport, exercise, and the sheer elation of being ready and willing to say yes to a challenge. Want to run a marathon? *OK*. Climb Mount Katahdin? *Sure!* How about canoeing the entire length of the Delaware River? *Why not?*

Spanning more than fifty years of ambitious and sometimes peculiar endeavors, these essays take us along on some of Casey's greatest adventures: a twenty-six-day Outward Bound course in Maine during the dead of winter; being pinned by a two-hundred-pound judo instructor whose words, "Come on, white boy. Don't give up," encourage at least one more attempt at escape; leading a lost couple on a yacht through the rocky waterways of Narragansett Bay by a simple rowboat; and completing—on his seventieth birthday—a 70K marathon of his own devising that included rowing, bicycling, skating, Rollerblading, and finally, trotting the dog out for a mile.

Be it a preoccupation with health, vanity, or just an indomitably playful sense of adventure, John Casey's *Room for Improvement* is a joyful self-portrait of a writer who loves going to extremes, just to find out what it's like once he gets there.

From the Hardcover edition.

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Angela Babb:

Information is provisions for individuals to get better life, information currently can get by anyone at everywhere. The information can be a know-how or any news even restricted. What people must be consider whenever those information which is within the former life are difficult to be find than now's taking seriously which one is suitable to believe or which one often the resource are convinced. If you obtain the unstable resource then you get it as your main information you will have huge disadvantage for you. All of those possibilities will not happen throughout you if you take Room for Improvement: A Life in Sport as your daily resource information.

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Helen Albertson:

Reading can called mind hangout, why? Because if you are reading a book especially book entitled Room for Improvement: A Life in Sport the mind will drift away trough every dimension, wandering in every aspect that maybe unknown for but surely can become your mind friends. Imaging every single word written in a reserve then become one application form conclusion and explanation which maybe you never get before. The Room for Improvement: A Life in Sport giving you a different experience more than blown away your mind but also giving you useful details for your better life within this era. So now let us teach you the relaxing pattern the following is your body and mind are going to be pleased when you are finished reading through it, like winning a. Do you want to try this extraordinary wasting spare time activity?

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