

WHAT MAKES OLGA RUN%0A

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What Makes Olga Run?

In *What Makes Olga Run?* Bruce Grierson explores what the wild success of a ninety-three-year-old track star can tell us about how our bodies and minds age. Convinced that Olga could help unlock many of the mysteries of aging, Grierson set out to uncover what it is that's driving her.

[What Makes Olga Run?: The Mystery of the 90-Something ...](#)

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[What Makes Olga Run?: The Mystery of the 90-Something ...](#)

Olga is over 90 and can still do marathons. This book reflects on the special life Olga has, and what makes her aging so slow. It is a nice readable book, however a bit too long, but you want to know the results of the analyses of the author.

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In *What Makes Olga Run?* Bruce Grierson explores what the wild success of a ninety-three-year-old track star can tell us about how our bodies and minds age. Olga Kotelko is not your average ninety.

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What Makes Olga Run? by Bruce Grierson

The Mystery of the 90-Something Track Star, and What She Can Teach Us About Living Longer, Happier Lives. Part science book, part journey into the untapped potential of the human spirit, this is