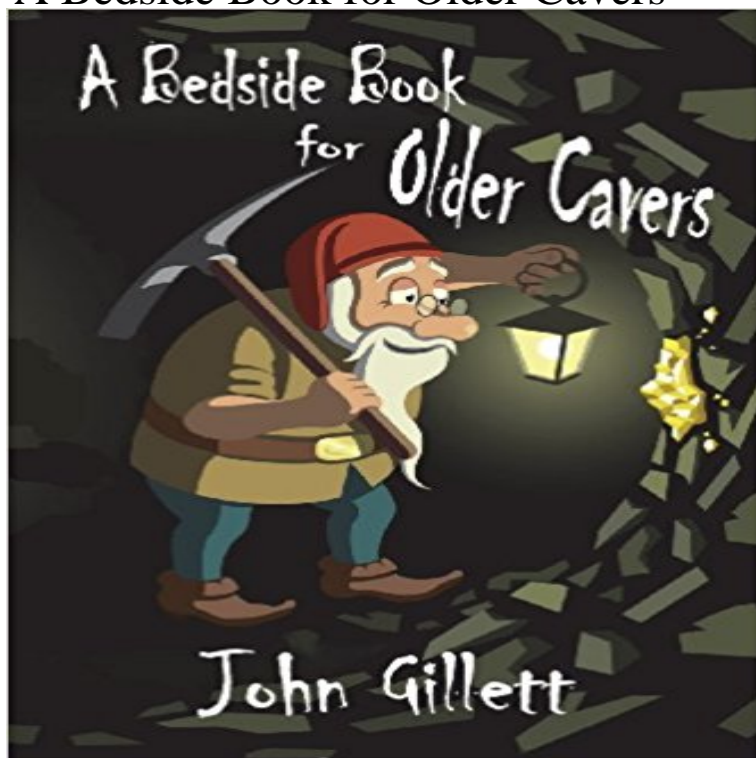


A Bedside Book for Older Cavers



Anyone who has passed the age of seventy needs to have a positive attitude to life in order to enjoy it. This book explains how older cavers develop and maintain this attitude, as well as taking an active interest in their chosen sport. There is something here for everyone, not just the cavers and non-caving pensioners, but for the younger folk, who will, one day, hopefully, experience life as older folk. The book is filled with amusing and interesting articles for fire-side, or bed-time reading. The philosophies embedded in the text may also stimulate the thoughts of the perceptive reader. John Gillett is an active caver who belongs to several UK caving clubs. He has a passionate belief in the societal benefits of education and has played an active part in developing and implementing ideas on this subject internationally. He is married, with one daughter and two grand-children. He lives in Gawsworth, Cheshire.

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