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A Slow-Pitch Summer

My Rookie Senior Softball Season

by Leon Speroff

ISBN 978-0-9745686-9-0 • \$19.95 • 128 pages • 8.5" x 8.5" hard cover with dust jacket

"...a lovely memoir."

— FRANK DEFORD, *Sports Illustrated*

Portland's unorthodox publishing house, Arnica Creative, is coming out with a new book that'll change the face of aging—for a long time to come.

Due to be released in May, 2007, *A Slow-Pitch Summer* is a candid, endearing, and often humorous memoir written by a physician returning to his first softball season in forty years. Dr. Speroff takes the reader along his journey as he rekindles his life-long love affair with the game. From choosing the perfect glove, to finding the sweet spot on the on bat, the camaraderie between the teammates on the 60-plus "lime popsicles," this story celebrates a personal triumph over the aging process.

FROM THE BOOK:

Only three guys are older than I am; the rest range from sixty-three to seventy-one. Every single member of our team wants to win, enjoys winning. But I notice that winning takes second place to just playing. We all have the same problem: diminished strength and stamina. We can't run as fast as we used to. We can't throw hard and far. And we all have trouble bending over quickly. But playing is a statement, a challenge to aging. Each and every one of us is grateful to be here, to be able to play senior softball, even with its slower pace and special rules.

A Slow-Pitch Summer is a great gift item for anyone who loves the sport of softball, and is a great guide for those looking forward to living well—or acting like a kid again—in retirement.

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"...a must-read for anyone who is playing senior softball. It captures the enjoyment and fun of playing on a team and what you discover about yourself as a member of that team."

— BILL PLUMMER III, *Manager, ASA National Softball Hall of Fame, Oklahoma City*

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