



## 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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