



Retirement Life by Design: Living Well with Health, Wisdom and Authenticity: Achieve Aging in Place, Manage Elder Care, Master Caregiving

By Pamela D Pope

Createspace, United States, 2008. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you planning for retirement? Are you a caregiver to an elderly parent or spouse? Pamela Pope's message is simple and direct: living well during retirement requires actively designing the life you want. She delivers an unwavering message of consumer empowerment and holistic retirement planning. Determined to debunk the myth that a sound retirement primarily consists of a large financial nest egg, Pamela Pope shines a light on the path to retirement living with an emphasis on quality of life. Whether you are a retired senior, a caregiver to an older adult, or a mid-life adult challenged by life/health circumstances, Pope will broaden your perception of retirement living needs and help you manage the life and health challenges inherent to the retirement phase of life. Part one-to-one coaching session, part reference manual, and steeped in principles of consumer empowerment, health care advocacy, and aging in place, Retirement Life by Design Living Well is a standout.



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