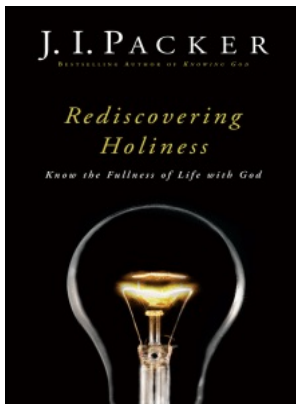# Growing into Fullness Enjoying Retirement and Old Age

Zondervan - Growing Old in America: Expectations vs. Reality

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You might also find that retirement is the time when you stretch out and find your potential.

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Demonstrating that affective forecasting errors occur when individuals are thinking about why they should retire at a given time could be useful in developing interventions for overcoming, or debiasing, such prediction errors. At the same time, however, older adults report experiencing fewer of the benefits of aging that younger adults expect to enjoy when they grow old, such as spending more time with their family, traveling more for pleasure, having more time for hobbies, doing volunteer work or starting a second career.

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For many retirees, those two events likely are one and the same, but those events do not always temporally coincide—individuals may claim benefits while continuing to work or they may stop working without claiming benefits. Obesity raises your breast cancer risk. May the hand of a friend always be near you.

The 73 Best Quotes About Growing Older

Bekker, Mark Conner, and Andrew Mooney. Hyperbolic discounting helps to describe individuals' behavior in a variety of decision contexts in which a larger, later reward is pitted against a smaller, sooner reward. After decades of working full-time, visions of throwing out the alarm clock for good are certainly provocative.

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