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Reviews

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(Ettie Kutch)

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iUniverse, United States, 2009. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Research indicates that there is a definite connection between life style and longevity. Personal characteristics that support longevity are optimism, adaptability, resilience, healthy self-esteem, a sense of humor, and the ability to reach out to others. Read what others have learned and experienced about retirement. Just as students need a plan for starting a career, everyone needs a plan for retirement. After a lifetime of work, it is fitting that your later years will be fulfilling and enjoyable. Even if you are already retired, you can still develop a plan. As you read the book, you will find information about how others went from careers to retirement to positive adventures. A portion of the book relates the author s experiences as he planned for retirement; in addition to the experiences of eighteen retirees who completed a questionnaire about their retirement experiences. Also, in-depth case studies of four retirees are included in the book to illustrate how each person approached their own retirement. Hopefully, as you read through the case studies, you will find a similarity to your own career and life situation. You will see how others have made decisions and plans that may be beneficial to you in making your retirement plans.



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