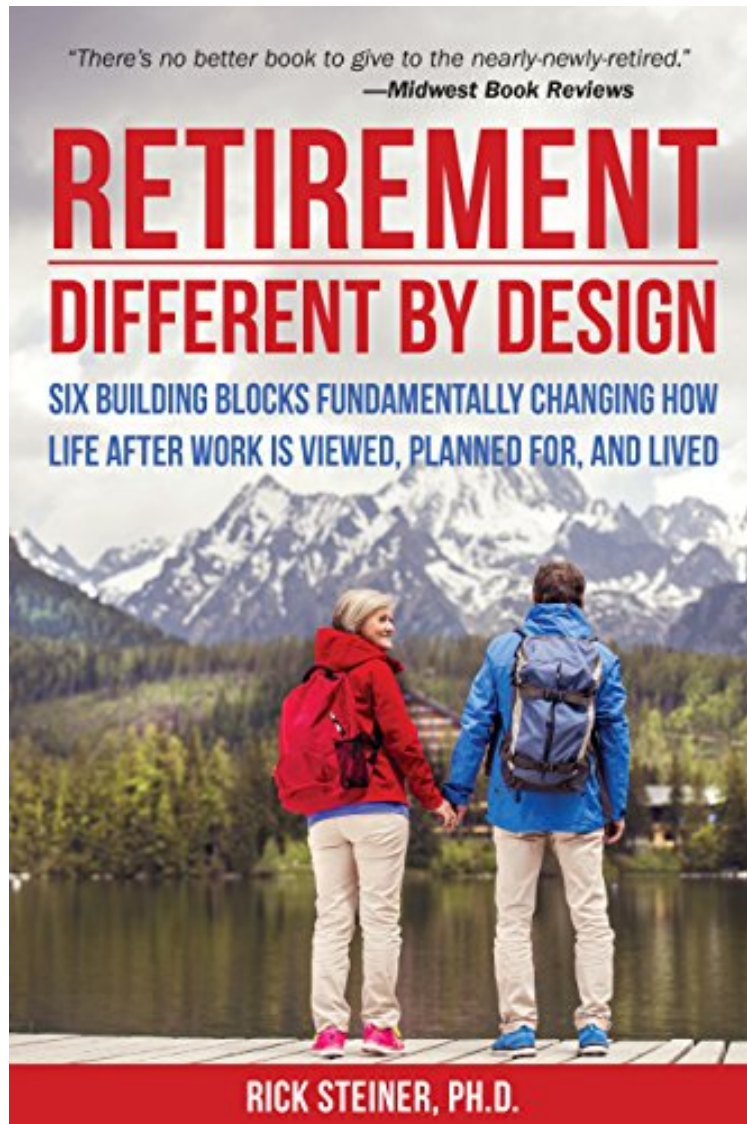


(Free) Retirement: Different by Design: Six Building Blocks Fundamentally Changing How Life After Work is Viewed, Planned For, and Lived

## **Retirement: Different by Design: Six Building Blocks Fundamentally Changing How Life After Work is Viewed, Planned For, and Lived**

*Rick Steiner Ph.D.*

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**Rick Steiner Ph.D. : Retirement: Different by Design: Six Building Blocks Fundamentally Changing How Life After Work is Viewed, Planned For, and Lived** before purchasing it in order to gage whether or not it would be worth my time, and all praised Retirement: Different by Design: Six Building Blocks Fundamentally Changing How Life After Work is Viewed, Planned For, and Lived:

0 of 0 people found the following review helpful. I would definitely recommend this book to anyone looking to retire in the near future.

By B Moore I was interested in reading this book because my mother in law is going to be retiring soon. As much as we all appreciate down time, her included being home all the time with nothing to do as well as going from a working income to social security can be scary and daunting. I'm glad I read this book, it will definitely help me help her. There is a part of the book that goes over financials, how to live off retirement and not a working income but the book also focuses on what to do after you retire. It's well written and would apply to anyone who retires, which was great. It was easy to understand and gave lots of tips throughout for each section. There were even exercises that will help you better apply the tips and recommendations in the book to your own life. I would definitely recommend this book to anyone looking to retire in the near future.

0 of 0 people found the following review helpful. What I liked about this book is that it was well written ...

By Kathleen Short-Ridge This book was about how to retire. Not just the go play golf kind of retirement but how to retire and do it so that it fits you. It looked at retirement as a journey and broke that journey into stages as if you were really walking a path. What I liked about this book is that it was well written to help lots of people and not just a particular demographic. It was broken down not only into chapters like a regular book but into categories and subcategories that broke all the information down for you and made it easy to understand. I loved that it was full of tips not from someone that thought "you need to do this or that" as some of these books can be. It was written from someone with first hand knowledge of some of the pitfalls that people that are retiring deal with. Things such as going from living on a workman's wage to that of retirement wage. It was also loaded with "homework assignments" that you can use to better apply the book. I also loved that he looked at retirement as not an end but a journey to what we can do now. I also really like the quotes throughout from people that you have actually heard of and not just some that you think "Who was that?" I also liked that it went into how retirement can affect you spiritually and how it is the last chance we have to heal old wounds. What I did not like about it was that it was long and at times loaded with so much information that a person could feel overwhelmed and the lids of your eyes would have a heavy feeling to them as you read. If this book were read at a slower pace and used like a text book of sorts it would be better than just a Sunday read by the fire type of book. I did find it helpful and readily able to be used by different people both retired, almost retired, and even me someone who is forced to be retired due to disability at the age of 43. It had great ideas as to what to avoid and what we can do once we are retired. It would be great for those that are very studious in their reading. As you know I rate things not as stars but with this rating. #1 Keep- these I keep to read over and over #2 Share and tell- Buy one copy to keep and one or more copies to share telling others about it. #3 Donation- These are great reads for a one time read for me. #4 Chuckers/ Fire starters- These are books that I either could not get into or they were written poorly. These then become great fire starters. This is a book that I definitely would recommend to others and will be keeping a copy for me. This was a very strong 2 that I will be using again and again for review and applying the different parts of it. Sincerely, Kathleen

0 of 0 people found the following review helpful. I really liked that his main focus was not on financial stability.

By cheshirecat20 "Retirement: Different By Design" by Rick Steiner, PhD should be required reading for any person getting ready to retire. I really liked that his main focus was not on financial stability, although there is an extensive chapter on that topic, but that he goes into how to have a life after retirement. Most retirement books do focus on the financials of retirement, but not the social and emotional aspects of losing a person's identity that they have had for thirty plus years. While I am not at retirement age myself, I have seen my parents go through it and the obstacles that are mentioned in this book were very apparent. I appreciated that Dr. Steiner himself "failed" at retirement and wrote this book so that other people did not make the same mistakes he did. Retirees lose their sense of self and sense of place in the world since they are no longer interacting with it in the same way. It is like they have to learn a new role but most retirement coaches do not go into this. Retirement is not just unicorns and rainbows, it is a whole new lifestyle that a person has to adapt to and Dr. Steiner gives wonderful insights and encouragements on how to do just that.

Transforming Retirement One Building Block at a Time Retirement is more than the absence of work—it's a different way of life requiring new vision, new purpose, and new life perspectives. You see, retirement is too important to leave to luck or circumstance; we have to plan and make them happen—our way.

Retirement: Different By Design, your bridge to the "other side of work," presents two dynamic and innovative templates for moving seamlessly into retirement and beyond— "Retirement's Ages and Stages" and "Retirement's Six Fundamental Building Blocks." Providing practical strategies and answers, not more questions, each chapter delivers insights, tools, narratives, and models for making retirement the best years of the rest of our lives. And, it's not always about the money. Indeed, we all can live socially rich, emotionally balanced, intellectually nourishing, healthful, and physically active retirements no matter the size of our bank accounts—this is the new retirement reality that Retirement: Different By Design offers the soon-to-be and the already retired.

RETIREMENT'S SIX FUNDAMENTAL BUILDING BLOCKS

- Physical and Emotional Health and Well-Being
- Financial Security and Continuity
- Life Transition and Acceptance
- Intergenerational Life Engagement
- Intellectual and Physical Pursuits, Interests, and Activities
- Spirituality,

Meaning, Family, and Legacy From the Trade Paperback edition.

"This is a guidebook to the emotional and psychological side of moving into and making the most of retirement. The main concern is how to handle and make the most of this "unmoored" period when the day-to-day schedule and even the sense of self are no longer shaped by work responsibilities. Steiner calls retirement one of the few do-overs that we get in life, and in Retirement: Different by Design he offers practical advice on how to make the most of it, with physical activity, mental challenges and new adventures. Elizabeth Floyd Mair, Albany Times Union