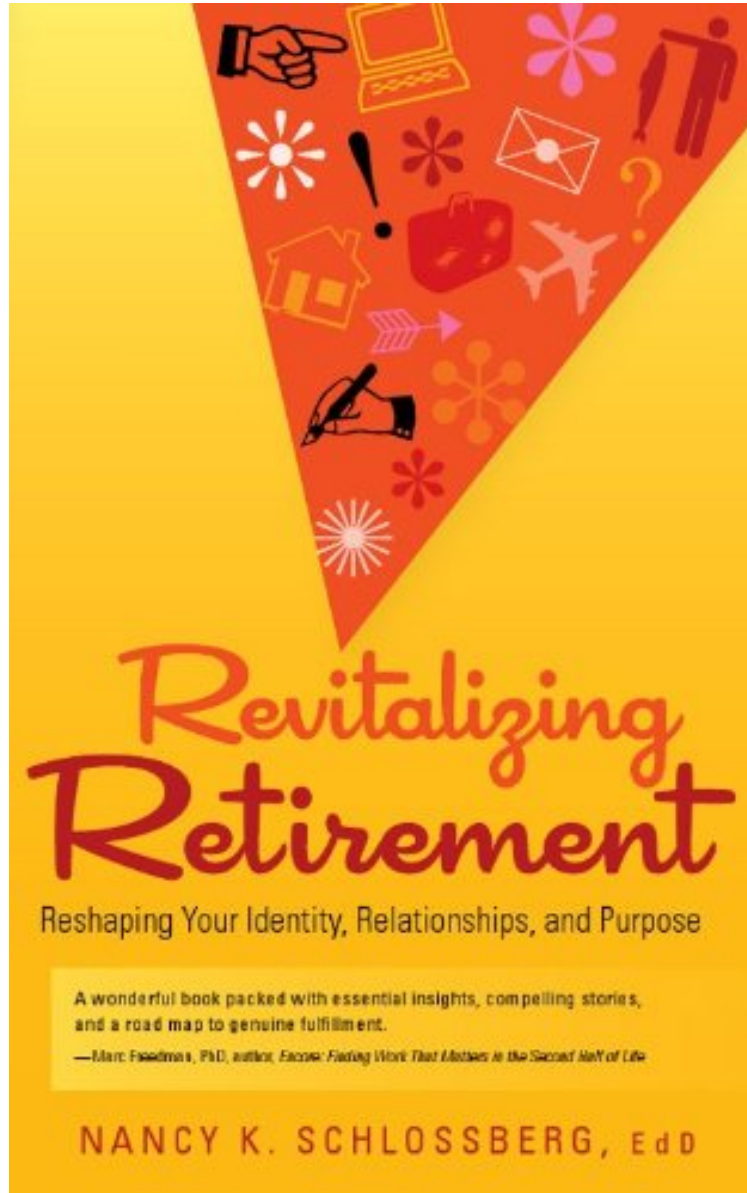


(Mobile book) Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose

Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose

Nancy K. Schlossberg

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Nancy K. Schlossberg : Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose before purchasing it in order to gauge whether or not it would be worth my time, and all praised Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose:

15 of 15 people found the following review helpful. This is a must read for anyone who has ever wondered about how

to cope with the unknowns and uncertainties of life. By mhmilch54 This book is a virtual 12 step program for everyone. I say this because I believe everyone to one degree or another needs some step by step guidance on how to recover from a youthful addiction to wishful thinking as we grow older and desire to play this game of life happily, purposefully and meaningfully. I will push this analogy one step further as Dr. Schlossberg breathes so much life into her book with the stories of retirees reshaping their identities in retirement. Reading this book is like sitting in a 12 step meeting and being uplifted by the hope inspiring tales of those whose resilience, passion, creativity, courage and initiative attracted the support needed to make successful transitions at any age. Dr. Schlossberg's meticulously researched and very entertaining book recognizes the impressive contributions of colleagues who have contributed to the storehouse of knowledge on how people change and grow throughout their lives. You don't have to be religious or necessarily spiritual to appreciate the wisdom implicit in The Serenity Prayer. Dr. Schlossberg helps us make sense of what it means to transcend what we cannot change, overcome what we can, and know the difference as she chronicles the stories of those who found enlightenment while opening up to new possibilities for being in and adapting to this ever changing world. Mitchell Milch, LCSW Psychotherapist, Ridgewood, NJ 9 of 9 people found the following review helpful. Puts things into perspective By Peter P. BudI was unexpectedly laid off after 31 years at a large company. Fortunately, I was eligible for full retirement - so I proceeded down that path. Soon, I discovered what a different world it is without a daily routine and work responsibility - my life for 33 years. This book put the retirement stage of life (or even the post layoff stage, if you do not find work) into an excellent perspective. Great recommendations are included. A highly recommended read for those entering retirement or close to it/thinking about it. 4 of 4 people found the following review helpful. I find this to be a valuable resource with great concepts, helpful terms and exercises that provide focus ... By Susan M. Larson As a Transition Coach for 50 plus adults, I find this to be a valuable resource with great concepts, helpful terms and exercises that provide focus Susan M Larson, MEd., NCC

In preparation for retirement, we are often urged to build up our financial portfolio or perhaps down-size our home or move closer to family. Often neglected in this process, however, are the psychological ramifications that come with the transition into retirement. It is important for retirees to make a plan for their retirement financially, but also to take stock of their psychological portfolio at the same time. This means taking an honest look at how your sense of identity will change with retirement, how your relationships and support systems may change, and how your sense of purpose will be affected. Revitalizing Retirement gives unique guidance on how to create a happy, fulfilling retirement. Nancy K. Schlossberg, a counseling psychologist and author of Retire Smart, Retire Happy, describes the secret to a happy retirement. She encourages readers to reshape their identity, relationships, and purpose. She discusses several coping skills that deal with accepting change and help retirees continue to feel that they are vital members of their community and that they matter. Each chapter contains stories from actual retirees that demonstrate the numerous ways of pursuing an enjoyable retirement. There are short quizzes and discussion questions at the end of each chapter so that readers can reflect on what they have read and see exactly how it relates to their own lives. This book is a must-read for anyone considering retirement in the near future as well as current retirees who may be struggling to find happiness in their daily lives.

About the Author Schlossberg is president of Transition Works, a consulting firm.