



Retiring as a Career: Making the Most of Your Retirement

Betsy Kyte Newman

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Every year, millions of Americans retire?and many of them wonder what went wrong. What they envisioned as a graceful pirouette into the golden years often leads instead to a rude awakening. Why? We all know about financial planning for retirement, but emotional and social planning is just as important. This book deals with the issues of purpose and structure, self-esteem, emotional and social roles, resources, and the special issues of women who retire. Based on the results of a survey of successful retirees, it helps readers to learn from their experiences and benefit from their own hard-won wisdom.

In many ways, today's retirees are pioneers, charting new courses for their unprecedented long futures. This book looks at the changing faces, definitions, and models of retirement in order to help those who are looking forward to their own. It enables readers to identify and avoid some of the typical pitfalls of retirement: moving too quickly from a fast-paced schedule to a life of total leisure; giving up home, friends, and community to move to a strange location; expecting your spouse to cooperate with your own retirement plans; and doing too much?or too little.

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