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And
Meaning

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Happiness And

Your guide to

Meaning To Your

personalized,

Retirement

purposeful

retirement

planning

Preparing for

retirement is

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*so much more
than just
organizing
your finances.*

*With this
unique
workbook,
you'll get in
touch with
your values
and priorities
so you can*

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*truly enjoy
the freedom of
retirement.
Delve into
your financial
situation,
interests, and
personal
goals, and
take a look at
how those may
grow and*

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Meaning To Your
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*change with
you. With the
practical
retirement
planning tools
inside, you'll
be able to
retire in a
way that gives
you meaning
and
satisfaction.*

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*Know where you
are-- Take
stock of your
finances and
dream big for
the future
with help from
self-inventory
exercises
focused around
your savings,
schedule,*

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*hobbies, and
more. Identify
your
values--Figure
out what makes
you feel
fulfilled, and
put that
knowledge into
action with
retirement
planning that*

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Meaning To Your
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*takes into
account the
different
paths you
might take.*

*Live your best
life--Learn
what gives you
a sense of
peace and
belonging with
the help of*

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*targeted
quizzes, and
create a
detailed
schedule to
understand
your day-to-
day. Start
making your
retirement
goals and
dreams reality*

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with this
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retirement
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feel like
you're walking
blindfolded
towards
retirement? Do
you wonder if
there is a

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*better way to
prepare? It
can be jarring
going from
working flat
out one week
to being newly
retired the
next. We've
all heard
stories of
people who*

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*retire only to
return to work
six months
later. While
this can be
for financial
reasons, if
you haven't
given enough
thought to
your purpose
in this new*

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*chapter of
your life,
there is every
chance you
will find the
early stages
of retirement
mentally and
emotionally
hard. In
Finding Joy in
Retirement,*

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share their
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on exactly
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to thrive when
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comes to an
end, based on
Jon's unique*

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*retirement
coaching
conversations
and David's
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older
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from all walks
of life. Jon
shares the
ideas, tools,*

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and methods he
uses in his
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practice, 64
PLUS, to shift
your thinking
and open your
eyes to the
infinite
possibilities

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*of life after
work. David
then provides
a window into
the priceless
experiences of
others, with
inspiring
stories that
shed light on
the challenges
and triumphs*

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transitions.
You'll
discover: The
4 essential
questions you
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to change.
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advice from
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retirees and
colourful
stories of
unique

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*retirement
journeys. You
get one chance
to make
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*extraordinary.
This uplifting
book will
inspire you to
plan for, and
work towards,
the life that*

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*YOU wish to
lead beyond
the nine to
five.*

Retirement:

*You won't know
what it's like
until you get
there.*

*Shares advice
and insight
from 31*

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*distinguished
pharmacists
who are
retired or
contemplating
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Each letter
provides an
account of
professional
and personal
journeys,*

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important
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decisions, and
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one may take
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*on finances,
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care, family,
hobbies,
volunteering,
and more.*
*Retirement is
a new season,
a new
opportunity,*

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quit a job,
but you
haven't quit
life! This
book is a
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that helps you
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bucket list

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started, from
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management and
exercise
advice Finding
purpose in*

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career years
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of clubs,
volunteering,
and social
groups, and
much more You
finally have
the time—and
the freedom to
use it the way*

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you want.
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Happiness And
simple time
Meaning To Your
management and
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mindful
planning
guidance for a
joyful and
meaningful
retirement, so
you can love
your new life.

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*What am I
going to do
with my
retirement?*

*People talk
about
retirement
like it's
supposed to be
an endless
vacation. But
what if, like*

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*the majority
of those
facing
retirement,
you can't
afford such a
luxury? Or,
what if you
just want
something more
from
retirement?*

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*Some advocate
for no
retirement at
all. But
you've worked
for decades
and a rest and
reprieve do
sound
appealing.
What should
you do? Does*

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*God have a
purpose for
your
retirement?
Yes, He does.
Learn how to
discern what
it is by
taking an
uncommon
approach. Jeff
Haanen looks*

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Retirement.
*biblically and
practically at
the need for
rest and
purpose in
retirement.
And teaches
you how to:
Take a
sabbatical
rest in early
retirement*

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for their
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in retirement
Understand*

*family systems
and leaving a
legacy*

Planning

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*retirement
doesn't have
to be
distressing.
Retire in a
way that's God-
honoring, purp
ose-filled,
restful, and
truly
biblical.*

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and Beyond
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America's most
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counselor is
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here to guide
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"Robin Ryan is
the most
knowledgeable

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today.” –PBS
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Retirement
years, Robin
Ryan has been
helping
clients get
the most out
of their
careers and
their lives.

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she shatters
the myths of
retirement.
The old model
of retirement
is changing.
The majority
of retirees
today are**

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advice, this t
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provoking
guide offers
readers a path
for**

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behind •
Pinpointing
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shifting to
the nonprofit
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gift with a
powerful
message:

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just the
beginning of
an active,
adventurous
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GIFT: This
unusual
journal is a
unique and**

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and engaging
way. ✓ GREAT
FOR MEN WHO
ARE HARD TO
SHOP FOR: Men
will**

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**appreciate the
masculine,
vintage design
and typography
that is
inspired by
old car log
books.
Features of
The Retiree
Bucket List
include:**

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WRITING

PROMPTS: Use
the Idea
Triggers when
stuck for
ideas and
challenges.
Randomly drop
a pen onto
this page and
see what comes
up based on

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the word

**nearest to the
pencil. MASTER**

LIST: Index

**and summary of
each page. Use
this for an at-
a-glance
overview of
the bucket
list. Other
times, write**

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ideas now and
To Bring
complete the
Happiness And
details on
Meaning To Your
their cross-
Retirement

referenced
pages later.

NUMBERED

PAGES: Index,
summarize, and
cross-

reference
individual

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Happiness And
Meaning To Your
Retirement

activities

RATE AND

PRIORITIZE

CHALLENGES:

Two rating

sections:

Priority:

Assign higher

or lower star

ratings to the

activities

that are most

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promising

Review: Assign
an out-of-five-
star rating
for the
overall
experience
once complete.
Use high-rated
activities to
plan similar
adventures.

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Retirement

SATISFACTION

**PLUS! We've
included a
big, bold
space for
adding the
final
checkmark once
activities are
complete.
Place a big,
gratifying**

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**checkmark in
this space to
mark another
bucket list
item achieved!**

**MOTIVATIONAL
PROMPTS Each
journal page
features
different
funny or
inspirational**

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**quote about
retirement.**

PLANNING

PROMPTS: Like

**all goals,
bucket list
items are more
likely to
become reality
once action
plans are
written. Use**

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**the fillable
action list,
and budget
considerations
to bring life
and commitment
to each goal.
Plan it, do
it, don't just
dream it.**

**PROFESSIONALLY
DESIGNED: Each**

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**page is
carefully
designed and
typeset from
scratch to**

**ensure this
Bucket List
planner is a
pleasure to
work with.**

**We've designed
the forms to**

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be inviting, well-organized, and fun to use.

"Dychtwald and Morison offer a brilliant and convincing perspective: an essential re-think of what 'aging'

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and
To Bring
'retirement'
Happiness And
mean today and
Meaning To Your
an invitation
Retirement
to help
mobilize the
best in the
tidal wave of
Boomer Third
Agers."
-Daniel
Goleman, PhD,

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**Author,
Emotional
Intelligence:
Why It Can
Matter More
Than IQ
Throughout 99
percent of
human history,
life
expectancy at
birth was less**

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**than 18 years.
Few people had
a chance to
age. Today,
thanks to
extraordinary
medical,
demographic,
and economic
shifts, most
of us expect
to live long**

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lives.

**Consequently,
the world is
witnessing a
powerful new
version of
retirement,
driven by the
power and
needs of the
Baby Boomer
generation.**

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Retirement

**Consumers over
age 50 account
for more than
half of all
spending and
control more
than 70% of
our total net
worth – yet
are largely
ignored by
youth-focused**

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**marketers. How
will work,
family, and
retirement be
transformed to
accommodate
two billion
people over
the age of 60
worldwide? In
the coming
years, we'll**

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**see explosive
business
growth fueled
by this
unprecedented
longevity
revolution.
What Retirees
Want presents
the
culmination of
30 years of**

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research by
To Bring
world-famous
Happiness And
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Meaning To Your
expert Ken
Retirement
Dychtwald,
Ph.D., and
author and
consultant
Robert
Morison. It
explains how
the aging of

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**Boomers will
forever change
our lives,
businesses,**

**government
programs, and
the consumer
marketplace.**

**This exciting
new stage of
life, the**

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"Third Age,"
To Bring
poses daunting
Happiness And
questions:
Meaning To Your
What will
Retirement
"old" look
like in the
years ahead?
With continued
advances in
longevity, all
of the
traditional

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**life-stage
markers and
boundaries
will need to
be adjusted.**

**What new
products and
services will
boom as a
result of this
coming
longevity**

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revolution?
To Bring
What
Happiness And
unconscious
Meaning To Your
ageist
Retirement
marketing
practices are
hurting people
– and business
growth? Will
the majority
of elder
boomers

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**outlive their
pensions and
retirement
savings and
how can this
financial
disaster be
prevented?
What
incredible new
technologies
of medicine,**

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extension, and
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await us in
the near
future? What
purposeful new
roles can we
create for
elder boomers
so that the

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**aging nations
of the
Americas,
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aging? Which
pioneering
organizations
and companies
worldwide have**

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strategies and
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programs that
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the quirky and
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Boomer
generation? In
this
entertaining,
thought-

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provoking, and
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book,
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Morison
explain how
individuals,
businesses,
non-profits,
and
governments
can best

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**prepare for a
new era –
where the
needs and
demands of the
"Third Age"
will set the
lifestyle,
health,
social,
marketplace,
and political**

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adults be a
vital part of
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community With
the explosion
of the older

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presents for
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community. Amy
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**challenges us
to let go of
many old
stereotypes
regarding
aging and
embrace a new
paradigm that
sees older
adults as
active,
healthy and**

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**capable of
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significant
contributions.
Debunks the
myths of aging
that keep us
from fully
embracing the
potential of
people in
life's second**

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suggestions on
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to serve and
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leaders how
they can
unleash the
power of the
baby boomer

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population to
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Retirement
“A guide for
planning that
rich season of
life, based
not just on
money, but
also on how to
create

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meaningful
relationships,
memories, and
legacy.” –Dan
Miller, author
of 48 Days to
the Work You
Love Rock
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offers
inspirational
advice on how

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to enjoy the
journey to
retirement to
its fullest.

Traditional
retirement
advice usually
boils down to
saving more,
sacrificing
more, and
settling for

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less. This approach makes people dependent on systems outside their control, such as the market, economy, and investment returns. The result: people

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lose power

over

determining

their life.

What sets Rock

Retirement

apart is its

holistic

approach to

helping people

take back

control and

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act
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intentionally
Happiness And
towards the
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life they
Retirement
want. It
addresses the
fears, hopes,
and dreams
that people
have about
retirement,
goes way

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beyond the
numbers, and
shows them how
to balance
living well
today and
tomorrow. “Too
many books
think
retirement is
just about
finances.

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**Instead,
retirement is
about looking
at life in
full and
working out
what it is you
want to do and
then turning
to finances to
make it
happen. That's**

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**exactly the
focus of the
practical and
helpful
guide.”**

**–Andrew Scott,
coauthor of
The 100-Year
Life “Roger
Whitney lays
out a plan for
today’s modern**

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**retiree. If
you are
exhausted with
being fed that
retirement is
the end game
of life, then
Roger's book
is a must-
read!" –Darryl
W. Lyons,
author of 18**

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to 80 "If
you're
dreaming of a
retirement
free of worry,
chao and
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Retirement
will give you
the clarity, a
solid plan and

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inspiration to
help you get
where you want
to go.”**

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*Harvard professor,
and the Atlantic's
happiness
columnist Arthur
Brooks. Many of
us assume that
the more
successful we are,
the less
susceptible we
become to the
sense of*

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*professional and
social irrelevance
that often
accompanies
aging. But the
truth is, the
greater our
achievements and
our attachment to
them, the more
we notice our
decline, and the*

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*more painful it is
when it occurs.
What can we do,
starting now, to
make our older
years a time of
happiness,
purpose, and yes,
success? At the
height of his
career at the age
of 50, Arthur*

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*Brooks embarked
on a seven-year
journey to
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Strength to*

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progress, we can
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Tony wanted to help clients ensure that they wouldn't outlive their money—and possibly even have enough saved to accomplish their bucket-list goals. However, after several years of

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running a numbers-first business and serving his clients well in their financial lives, a family crisis changed his thinking. Tony's mother retired from her job as the director of a

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*hospice agency,
and she quickly
fell into a deep
depression as she
lost her purpose
and fulfillment
derived from a
lifelong career she
had been
passionate about.
On March 22,
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*mother tragically
took her own life.
After this life-
changing tragedy,
Tony made it his
goal to help pre-
retirees not repeat
the mistakes his
mom made as she
transitioned from
her career into
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both your finances
and your lifestyle.
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will help ensure
that your
retirement brings
you pleasure,
serenity of mind,
and the
enjoyment of a life*

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*well-lived. That
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*your transition is
from success to
significance. That
you find a
newfound hope
and a newfound
purpose. That
retirement brings
you your best
years.*

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have times in our
lives when the
results of our
behavior don't
seem to be
meeting our
needs. In this new
book, Hyrum
Smith does two
things that are*

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*invaluable to
people who wish
to make their lives
less painful. First,
he reveals,
through a clear
and simple model,
how we get to the
point where our
behaviors cause
these kinds of
problems. Then,*

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*with a simplicity
that is impressive
in itself, he
describes the
steps we must
take to identify
and rectify the
beliefs leading to
our painful
behavior. The
result is a
powerful process*

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passions. If
you're planning
for retirement
or already at
"retirement
age" but want***

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and/or***

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period. For lack
of a better
phrase, I will
call this the
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retirement
bucket
list. Studies
indicate that
people with
purpose and***

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matter to you?
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what you want
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living? Are you
in the right
place but
looking to
advance? No
matter where
you are in your***

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author and
career expert
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was stuck in an
unfulfilling
career until he
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needed, and
you were made
to contribute.
It's time to exit
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to leave to luck
or
circumstance;
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to reevaluate their jobs, careers, and lives. Use this time wisely, find your personal ikigai, and live your best life.”

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at, what you can
get paid for, and
what the world
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overlap—means
that each day is
infused with
meaning. It's the
reason we get up
in the morning.
It's also the
reason many

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Happiness And
Meaning To Your
Retirement

*call for each
of our lives,
and it does
not stop at
sixty-five or
seventy.*

*Retirement is
a new season,
a new
opportunity,
to live
purposefully.*

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*You may have
quit a job,
but you
haven't quit
life! This
book is a
practical tool
that helps you
take that
bucket list
and get
started. Using*

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*this mindful
method you can
take full
advantage of
the decades
ahead with
advice and
worksheets
covering:
Retirement
financial
planning*Health

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*management and
exercise
advice*
Finding
purpose in
your post-
career
years
The
importance of
clubs,
volunteering,
and social
groups, and

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much more.

*Find out how
harnessing the
powerful
business*

*principles of
design*

*thinking can
make*

*retirement
your best
chapter in*

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*life. There is
no one right
time or way to
retire.*

*Retirement is
a major life
transition;
but if you
spend the time
designing a
future filled
with promise*

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and possibilities,
To Bring Happiness And
the prospect
Meaning To Your
Retirement
can be utterly
exciting and
revitalizing.
In Retirement
by Design,
professional
mentor and
coach Ida
Abbott shows

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*you how the
innovative
business
principles
behind design
thinking can
be applied to
plan a rich,
fulfilling,
and more
meaningful
retirement.*

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*Her guided
workbook uses
a business-
like approach
to leaving
business,
making your
switch much
smoother and
less jolting.
Whether you're
considering a*

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*new place to
settle down,
working
through
financial
planning,
strategizing
how to unwind
a business, or
deciding on
which
organizations*

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*you want to
stay engaged
with, making
critical
decisions*

*takes a lot of
organization,
thought, and
planning.*

*Abbott shows
how the five
principles of*

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design
To Bring
thinking will
Happiness And
revolutionize
Meaning To Your
your retirement
Retirement
t-planning

process:

*Empathy: Get
inside the
shoes of your
future self.*

*What will be
important to*

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*that version
of you?
Define: Hone
in on what is
and will be
most critical
for you to
focus on
(whether it's
volunteering,
family,
activities, or*

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skills) .

*Ideate: Draw,
scribble,
brainstorm,
and throw
around as many
different
retirement
scenarios as
you can come
up with.*

Prototype: If

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retiring
To Bring
across the
Happiness And
country in
Meaning To Your
Arizona sounds
Retirement
perfect—try it
out first.

Come up with
opportunities
to test out
your scenarios
with short
trips and

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Meaning To Your
Retirement

*trial time
off. Test:
This is the
fun part—get
back to the
drawing board
and try more
retirement
scenarios (and
future
versions of
yourself)*

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before sitting
To Bring
down to make
Happiness And
those life-
Meaning To Your
changing
Retirement
decisions. The
new and
innovative,
self-coaching
approach of
Retirement by
Design helps
you spearhead

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and navigate a
To Bring
major next
Happiness And
step in life.
Meaning To Your
Retirement
Whether your
retirement is
10 years away
or swiftly
approaching,
this workbook
ensures you
will create a
future that is

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perfectly
To Bring
tailored to
Happiness And
you.
Meaning To Your
Roar
Retirement
Finding
Freedom with
Faith.... a
Better Way to
Experience the
Final (And
Best) Decades
of Your Life

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**Retirement by
Design
Letters for
Your Next Act
The Path of
Purposeful
Aging
Make Your Next
Act Your Best
Act
A Practical
Guide to**

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Challenge and
Inspire Every
Week of the
Year*

*Job Optional is a
thoughtful and
down to earth*

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*guide to
retirement
planning that
offers unbiased,
commonsense
advice based
upon the
author's
experience as a
retirement
planning
professional. It*

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offers both a primer to the financial world as well as a step-by-step guide to planning your own retirement. It is written in terms that a newcomer to investing can understand

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*while providing
all the pertinent
information
necessary to
make informed
financial
decisions. It
acts as a primer
that takes a
complicated
topic and makes
it accessible,*

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*while not
diluting the
information.
Interestingly,
for a book about
money, the first
recommended
step in financial
planning has
nothing to do
with the stock
market or*

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*annuities, but
the need for an
individual to
have a life
purpose. One's
goal should be
to identify this
purpose and to
create a plan set
out to organize
your assets in
such a way to*

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*most efficiently
accomplish that
end. Once this
has been
decided, the
next step is into
the world of
finance. This
begins with an
analysis of
today's
investment*

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risks. Once the risks are understood, specific strategies to overcome them are determined. A plan is created that ends with a final, written product. To do

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*this, requires a
solid
understanding
of the financial
world and
reading Job
Optional makes
this possible.
Five chapters
deal specifically
with financial
concepts,*

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strategies, and terms, ordered as an organized outline to the logical steps in retirement planning. These are: purpose-based asset allocation, liquidity planning,

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*income
planning,
growth
planning, and
estate planning.*

*The book is a
wealth of
information as it
describes the
many elements
and strategies
of financial*

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*planning. Look
here to learn
about such
things as the
4-percent
withdrawal rule;
strategies for
interest-only,
real-income,
and guaranteed
lifetime income;
advice on*

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*watching your
expenses;
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maximizing your
legacy that
includes basic
IRA strategies; a
list of basic
documents such
as powers of
attorney and
living wills;*

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Retirement
*what to consider
when choosing
-- or breaking
up with -- a
financial*

*advisor. The
information is in-
depth, detailed,
and complete.
In places, and
this is a strong
point as this*

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*makes abstract
financial
concepts real
and
understandable
and adds
interest and
color. The book
takes a friendly,
conversational,
tone as the
investment*

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information is
To Bring
intertwined with
Happiness And
stories taken
Meaning To Your
from the
Retirement
author's life, his
parents' lives,
and his clients.
Retirement
brings with it its
own set of life
changes,
challenges, and

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situations. The sharing of these stories makes financial planning real. It also underscores the book's message that success isn't money, but purposeful living, and that

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*good financial
planning will
allow you to
achieve this
goal and be a
success on your
own terms.
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*Purposeful
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Bucket List:
Things to Do
When You
Retire
Job Optional
Refire! Don't
Retire
From Paycheck
to Purpose
The Clear Path*

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You Love
Ikigai
Navigating a
Purposeful
Retirement*