

# Get a Life



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The financial-service industry wants you to believe that in order to avoid financial destitution, you need to put aside huge amounts of money that you -- let's say it together -- "should have begun saving years ago." Not true, states Warner, the author of *Get a Life*. Although a sensible savings plan makes good horse sense, many other actions and decisions will determine whether you enjoy your retirement years. *Get a Life* shows you how to beat the anxiety surrounding retirement, and to develop a plan to make your golden years the best of your life by developing family relationships, maintaining and creating friendships, improving health, keeping active, developing a robust curiosity for the world and realistically calculating how much money you need and how to secure it. The 5th edition provides the latest research and studies that show physically and mentally active retirees live longer and enjoy happier lives.

作者介绍:

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