

Breaking Patterns: Redesigning Your Later Years



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Something's up in America and Catherine Pacheco knows all about it: More Americans are entering their Golden Years. but they refuse to act like old people! They are abandoning their sheltered, humdrum lives for zestful, energetic alternatives. Retirement is no longer synonymous with poor health and boredom, and

Breaking Patterns tells how to make it a time of adventure, new friendships, and a new outlook on life.

Pacheco believes that by breaking patterns -- refusing to withdraw into an inactive life-style -- people can improve their lives in terms of health, sex, finances, friends, and relationships. Catherine and her husband Tom personify this attitude. For almost a decade, they have lived aboard a 38-foot boat, traveling, working, and meeting other pattern-breakers who are making the most of their lives. This life-style meant selling a lifetime's accumulation of possessions, moving away from long-time friends, and overcoming fears and doubts about their ability to make their new life work. In return, they have experienced a vitality and excitement that they never dreamed could be a part of their lives after retirement.

But the most amazing thing

Catherine Pacheco has learned from

her new life is that she and her husband are not unique -- everywhere they go, on land and on sea, they come

across other ageless pattern-breakers who live each day to its fullest. Using a variety of examples, Breaking Patterns addresses topics ranging from finances to negative peer pressure. Whether the pattern-breakers stay in their hometown or travel the world; whether they pick up a new hobby or a new profession, all have one thing in common: They refuse to blithely surrender the advantages of youth because they know that age does not have to determine their activities.

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目录:

[Breaking Patterns: Redesigning Your Later Years_ 下载链接1](#)

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