

A Simple Guide to Retirement

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A SIMPLE GUIDE TO RETIREMENT

**How to Make Retirement
Work for You**

Morley D. Glicken and Brian Haas

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出版者:

出版时间:2009-5

装帧:

isbn:9780313372292

"A Simple Guide to Retirement: How to Make Retirement Work for You" is a book for older Americans planning for retirement. It is also for people who have left work before they were ready and are now experiencing anxiety, depression, and/or financial weakness in their new role as retirees. Written to be at once affirming, positive, and practical, the book covers all of the many topics that will help retirees better prepare themselves for a positive, fulfilling, and satisfying retirement-beginning with financial security. These topics include saving for retirement, working part time, staying healthy and fit, dealing with the emotional and financial burden of health care, cultivating optimism, and much more. Case examples and vignettes will help readers apply the principles to their own lives.

作者介绍:

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