



What to Do to Retire Successfully: Navigating Psychological, Financial and Lifestyle Hurdles

By Martin B. Goldstein

New Horizon Press Publishers Inc., U.S. Paperback. Book Condition: new. BRAND NEW, What to Do to Retire Successfully: Navigating Psychological, Financial and Lifestyle Hurdles, Martin B. Goldstein, What to Do to Retire Successfully is an enlightening blend of actual retirement scenarios intermingled with healthy, practical advice from a respected neuropsychiatrist, who is a fellow retiree with a wonderfully optimistic glass-half-full philosophy on living a fulfilling retirement life. Dr. Goldstein taps into his financial and psychiatric background as he explores the potential pitfalls of life after career's end, while providing helpful, proven solutions for a feasible and effective adjustment into retirement. He also analyzes how a range of personality types cope with retirement and suggests necessary modifications, as well as probes the unique problems of those forced into early retirement. He addresses financial issues with specific formulas for maintaining standard of living, steps for saving and investing, and tips for handling retirement resources. The lifestyle sections cover creating a dynamic plan for retirement living, the importance of setting up routines, keeping your mind engaged, daily exercise, and making the necessary preparations for a successful transition into retirement living. What to Do to Retire Successfully will become the go-to manual for the 77...



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