

Pre-Retirement and Retirement (and other perfectly timed resources)

We've come up with a few resources to help navigate the fascinating (and ever-changing) world of retirement income and some books to help you prepare for and have a happy, fulfilling retirement with friends and purpose.

[You Can Retire Sooner Than You Think – The 5 Money Secrets of the Happiest Retirees](#) by: Wes Moss

Many people wish they could retire at an early age. Following the advice in Moss's book will help you make an early retirement possible.

[Your Money Life – Your 60s](#) by: Peter Dunn

The world-renowned author, newspaper columnist, nationally syndicated radio program host, and finance expert Peter Dunn (aka Pete the Planner) has written six books to guide you through each decade of your financial life: *Your Money Life – Your 20s...30s...40s...50s...60s...* Another of his books, [The Commissioner](#), is for people with variable income like sales people on commission. Each book is excellent!

[The Encore Career Handbook – How to Make a Living and a Difference in the Second Half of Life](#) by: Marci Alboher

If you are interested in transitioning to a second fulfilling career, this book helps outline the necessary steps. You can also visit www.encore.org for additional advice.

[Great Jobs For Everyone 50+](#) by: Kerry Hannon

You can find profitable, fulfilling work after 50! Kerry Hannon's national bestseller, *AARP's Great Jobs for Everyone 50+*, has become the job-hunting bible for people in their 40s, 50s, and beyond. With her no-nonsense style, Hannon shows where the opportunities are and how to get them.

In this completely revised edition, Hannon offers twice as many jobs and brand-new material to market your skills in today's job market, with expert tips on revamping a résumé, networking, interviewing like a pro, building a social media platform to stand out in the crowd, and much more. Whether you took early retirement, were laid off, seek a job that you will love, need supplemental income, or want to

stay engaged and make a difference by giving back with your talents, Hannon's book is an essential tool.

[What Color is Your Parachute – A Practical Manual for Job-Hunters and Career-Changers](#) by: Richard N. Bolles

For most of us, a happy retirement won't be attained by freedom from duty and responsibility, leading to a life filled with nothing but passive leisure and pleasure. Being physically, intellectually, and creatively challenged can help individuals find satisfaction and fulfillment in their leisure activities.

[How to Retire Happy, Wild, and Free - Retirement Wisdom that You Won't Get from Your Financial Advisor](#) by: Ernie J. Zelinski

This book offers inspirational advice on how to enjoy life to its fullest. The key to achieving an active and satisfying retirement involves a great deal more than having adequate financial resources; it also encompasses all other aspects of life—interesting leisure activities, creative pursuits, physical well-being, mental well-being, and solid social support.

[Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose](#) by: Nancy K. Schlossberg, Ed.D.

Creating a happy, fulfilling retirement is about much more than money. Nancy Schlossberg, a counseling psychologist, describes the secret to a happy retirement in this book. She shows readers creative ways to reshape their identity, relationships, and purpose and highlights many coping skills that can help retirees continue to feel that they are vital, contributing members of their community.

This book (Published by the American Psychological Association) is a must-read for anyone considering retirement in the near future as well as current retirees who may be struggling to find happiness in their daily lives.

[The Art of Neighboring – Building Genuine Relationships Right Outside Your Door](#) by: Jay Pathak & Dave Runyon

As we age, we all lose friends. Some get married, and often if our friends are of the opposite sex we cannot continue these friendships. Some move away. Some start having children and don't have the time to maintain their friendships. We lose some friends when we change jobs or when we retire and our friends keep working. Some die. Some become ill and can no longer participate in the activities that bond us. Everyone needs friends, and as we lose them we all need to continually seek new friends because having a social network is critical to our physical and mental wellbeing.

Scientific American reported on a meta-study covering more than 300,000 participants across all ages that revealed that adults get a 50 percent boost in longevity if they have a solid social network. To read the full article, go

to: <https://www.scientificamerican.com/article/relationships-boost-survival/>

“We choose our friends, and our friends choose us,” says William K. Rawlins, Stocker Professor of Communication Studies at Ohio University. But modern life can become so busy that people forget to keep choosing each other. That’s when friendships fade, and there’s reason to believe it’s happening more than ever. Loneliness is on the rise, and feeling lonely has been found to increase a person’s risk of dying early by 26%—and to be even worse for the body than obesity and air pollution. Loneliness wreaks health havoc in many ways, particularly because it removes the safety net of social support.

In their book, *The Art of Neighboring* the authors provide a practical guide for how to build friendships with those who live close to us.