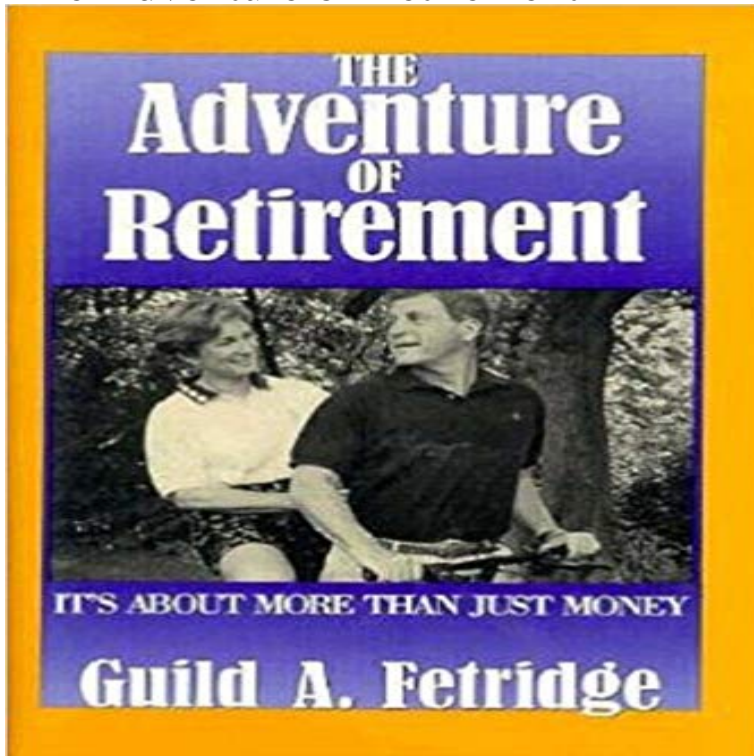


## The Adventure of Retirement



There is more to retirement than just having enough money. Many older Americans dream for years about what they'll do once they retire - catch up on their reading, complete projects around the house, take up gardening, travel - only to find that six months later they have accomplished most of their goals! Now what? With people living longer or retiring earlier, the post-retirement period can extend to 25, or even 35 years. Those extra eight hours a day, every day, add up to as many as 50,000 hours of unplanned time! The constant togetherness of spouses after retirement can put a severe strain on relationships, and often exposes conflicts that have been hidden by the demands of childrearing and work routines. Many people have their personal identity tied up with work, or in a profession, and they discover that the dismantling of the social and business structure of a career is more difficult than expected. It is important that people plan for this new and exciting phase of their life just as seriously as they prepared for a career. In *The Adventure of Retirement*, consultant and researcher Guild A. Fetridge explores those frequently overlooked behavioral, emotional, and lifestyle issues that are vital to a fulfilling retirement. He includes questionnaires and a unique checklist to help readers gauge their attitudes and progress toward retirement; important diet and exercise information; and a guide to some uncommon travel ideas, projects, learning opportunities, events, and associations that can help retirees enjoy life and leisure more. Also included are an extended bibliography and a variety of forms to assist in the retirement planning process.

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