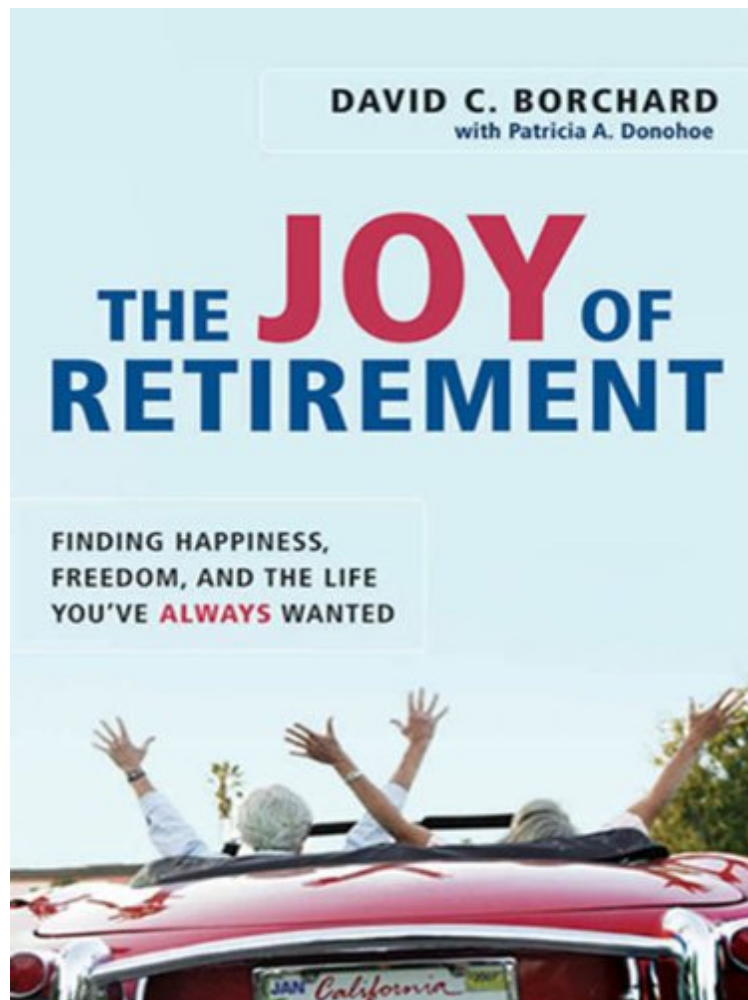


The Joy of Retirement: Finding Happiness, Freedom, and the Life You've Always Wanted

David C. BORCHARD, Patricia A. DONOHOE
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David C. BORCHARD, Patricia A. DONOHOE : The Joy of Retirement: Finding Happiness, Freedom, and the Life You've Always Wanted before purchasing it in order to gage whether or not it would be worth my time, and all praised The Joy of Retirement: Finding Happiness, Freedom, and the Life You've Always Wanted:

3 of 3 people found the following review helpful. Was pleasantly surprised!!By johnson11For me, this book was just what I was looking for even when I didn't know exactly what I was looking for. I especially liked the way the authors refer to the 50+ age group, telling us to move away from the term "senior", and referring to us as 50+'ers. I'm one of those and am contemplating semi-retirement and/or just a sabbatical from working. I talked with many people who do not know how to stop working, and this book helps put this concept into the right perspective. There are many of retirement books focused on the financial aspects of retirement but I wasn't looking for that. It's a very practical guide for us as we move into this next part of our journey. From the very beginning of this book, I felt like the authors were

talking specifically to me and my mindset. It touched many areas I want and need to explore about myself, my journey, my stories along the way and mostly how to find my real passion and maximize my non-working years. It's an easy read and one you can pick up and put down at your leisure. Good assessment tools you may use if you choose and helpful examples of how others have made their way down this path. It's the ONLY book on retirement I plan to read. 0 of 0 people found the following review helpful. Some diffecacure;rents perspectivesBy CustomerThis was my first book I have read on retirement. I felt the book targeted over achievers i their case studies that I could not identify with. As I listened to the audio book he would start out each chapter with I but it turns out the I'd were the people from his case study. His cases also seemed to be retirement overachievers and I felt the bar was set quite high.I did find his wisdom about retirement a good place to start for a few perpectives in retirement. Since I got the audio book I could not do the self assessment so it would be better to get a paper copy. His self assessments are on line but cost \$35 so I am assuming the paper copy includes the self assessments.<http://theunretired.life>2 of 2 people found the following review helpful. worthwhileBy nyc10026This book is not advice about money and investing in/for retirement. Borchard has background in psychology and counseling and it is put to good use here. He focuses on the intangibles of retirement when your time and energy are finally completely all your own: what will you DO ? Who will you BE ? The lists and exercises in this book can be a bit tedious but they are worth using just to focus and think about who you are and what you want in retirement. 15 to 20 years of relatively good health and all from as mature a perspective as you've gained having come this far in life: so what's up ? what you gonna do with it ? The past is prologue. The present is also prologue. I found this book very helpful in stimulating my thinking.

Life after work no longer conjures up images of couples wandering the malls, playing golf, and taking endless Caribbean cruises. As baby boomers reach their 50s and 60s, they are redefining what it means to retire. Many of them are still choosing to work or create a whole new life entirely. What they crave is vitality, joy, and meaning in their lives. Author David Borchard has been helping adults rejuvenate their careers and lives for 30 years. In *The Joy of Retirement*, he shows readers how to reinvent themselves and achieve the kind of fulfillment and meaning in their lives they have always dreamed of. Now, readers can start crafting their future and discovering their passions with advice on topics such as: bull; finding new interests that make the most of their unique talents bull; planning their lifestyle at 50+ bull; assessing what transitions they are ready and willing to make bull; defining priorities and goals bull; establishing their criteria for success bull; mastering the seven steps to maintaining vitality Revealing and hopeful, this book will reshape how people look at the next phase of their lives.