



Change is coming.

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# THE RETIRING MIND

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How to Make the Psychological  
Transition to Retirement

ROBERT P. DELAMONTAGNE, PHD

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## The Retiring Mind: How to Make the Psychological Transition to Retirement



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MEET THE EMOTIONAL CHALLENGE OF RETIREMENT If a number of the following characteristics describe you, you might be at risk for struggling unpleasant disposition swings and depressive disorder after pension.\* You have an aggressive or assertive personality.\* You love competition and winning.\* You are highly focused and motivated.\* You work extended hours and so are successful in your job.\* You love achieving challenging goals.\* You have few outside passions not connected with your projects. This book, based on the author's own private experiences, leads readers on a journey of psychological and spiritual insights made to help them cope with the challenges of this often difficult passage. To find out more go to [theretiringmind.com](http://theretiringmind.com).



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Retirement is not that easy, even though you are financially ready. This book is particular useful for me personally because I'm in an identical situation as the writer: lifelong achievement addict with sudden financial windfall that no longer require doing work for money, yet I'm still clueless about what to do easily retire now. For a long time I've been researching early retirement strategy and came to the comparable conclusions as the author:- high accomplishment (whether deserved or not really) is similar to an addiction: the even more you're recognized, the even more monetary reward, the more accomplishment you crave for, this is no not the same as any other addiction. The Retiring Mind is an excellent book for someone who is facing retirement and needs some help in beginning the procedure of getting into the retirement phase of your respective life.- simultaneously, you can't simply end doing what you've been doing, just like an addict cannot suddenly withdraw. One of the biggest lesson I have learned in life is definitely from the lyrics of a tune written by Cole Porter, "Experiment. This may seem a bit hokey-pokey that you could categorize people into 9 types, but i personally think it is useful since i don't think i'm THAT not the same as everyone else, especially if people like me already adopted the same technique and are HAPPY, why not really? Many thanks Robert Delamontagne when planning on taking the time to pass on this very interesting information. Guess I expected even more practical information, quickly lost interest in the reserve and now resides in my own digital graveyard. Returned! This book and the Kindle sample began with a bang for me personally. Robert Delamontagne, does a fantastic job at laying most of the problems and frustrations he originally encountered and then provides the reader having the ability to determine their emotional profile. He brings a personality scheme with the enneagram to the party. And it goes off the rails. He allows you to truthfully look at yourself and confirm who you are and what the drivers in your life may possess been to make you this aspect. I returned it. What a disappointment! The Retiring Mind may be the onset of a process. Keep an open mind and if initially you don't succeed, try try once again. I felt the book is only loosely related retirement. The author spends way too much time on something called Enneagram Type (think another version of Myers-Briggs Types) and religious philosophy. However, the author doesn't provide a step-by-step solution for how one is supposed to retire. I believe the benefits from reading the reserve are located in assimilating the info provided in the book. The author suggests alternative retirement actions that are suitable for your character type. Thank you for helping people. To read The Retiring Mind is the onset of an activity. I believe once a reader "Gets It" you will notice the boundless benefits which await you together with your new found knowledge and knowing there's always a better way to procedure though your retirement and life. What this book is NOT:- it's not about financial or logistic preparations for retirement: the author could retire by offering his business, so money is no concern in this book." I would encourage each reader to approach assimilating the information within The Retiring Mind as an experiment. Best regards, John Ellis

**ESSENTIAL Read for All Baby Boomers**

The Baby Boom Era has always believed that somehow we're able to stop growing older, maintain our youthful appears and step from our daily lives on our terms. We are a generation who believes that people could change the world and match it to the way we wished to live, work and play. But fate and a struggling world overall economy is currently forcing us to come quickly to grips with some extremely grim information. I am sure they will continually be grateful for your thoughtfulness. So If you understand someone addressing retire or having to leave their function earlier than they planned I'd highly recommend you give them this book mainly because a retirement gift. Several people are very disappointed and experiencing deep anxiety and even depression.- to get off the achievement addiction, you should incorporate what writer termed "nonlinear" ideals (spiritual, irrational, transcendental) to replace the "linear" values (cash, mo money) that you're addicted to. The author, Mr. The author sounds just like me. Unsaid in the book sample or content, it becomes a publication about religious beliefs with a thinly disguised god force. The book showed me many possibilities on how to process through life's encounters and retirement with adjusting the filter systems to help net a far more rewarding encounter. Rather, he provides some very intriguing ideas and an activity on what you can

number the easiest way for YOU to go about creating your own pension. Beyond this nevertheless, the writer believes that reference to spirituality and relinquishing cognitive action, is the path to joy. You see retirement is just not shifting from the workplace to having more free time, working on your hobbies or enjoy reading a good book. For all of us, retirement is just not the starting of the end however the action of preparing ourselves for our potential. They are being forced to move in to the retirement stage of their lives because they're no longer required in the workforce. Today many Boomers are being forced into early retirement plus they are not ready for it. This publication reminded me that people process info with many different filter systems turned on. Starts with how to improve your pension based on personality type and descends into reserve on new age religion. pan following the beginning The start was good to assist you know how your personality type could affect your entry towards retirement. He asks you to start your brain, your thinking as well as your heart to some ideas which have helped him successfully cope with his retirement. Could possibly be good for those who find themselves seeking the spiritual/spiritual answer. Three Stars no real information here if you don't are well-educated and specialize. It give very good advise on how best to handle pension in your mind. very useful and insightful. Think about you? Superb adaptation of Enneagram model to retirement personalities, expectations and possibilities. A note-taker for certain. If not, your money will be spent better elsewhere It give very good advise on how best to handle pension in your mind Just reading this book has put my mind at ease on retiring. Five Stars A must read for anybody moving this important life transition; I'm a 2. Two Stars Useless One Star Hard to rate when it never showed up on my Kindle.



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