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Well-Come to Retirement

Thriving in Your Third Act

**40 REAL LIFE
STORIES**

to help you create
a third act filled
with purpose
and meaning



Patricia Peters Martin and

Well-Come to Retirement: Thriving in Your Third Act



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Why do some individuals thrive in retirement while some fall into major depression? The initial stories in *Well-Arrive to Retirement* follow the lives of retirees who planned ahead (or not), prepared for surprises, adapted to improve, redefined their purpose and identities, and found a balance of wellness. This is actually the first publication to explore maturing through the 8 sizes of wellness, showing how exactly to create a retirement filled with vigor, usefulness, and pleasure. It's never prematurely . to begin with seeing the retirement years as a time of pleasure and personal growth. *Well-Come to Retirement: Thriving in Your Third Action* answers this query with inspiring tales of 40 old adults who made a successful transition from work to retiring. Enough time has come to get rid of the negative stereotyping of elders! *Well-Come to Retirement* charts a course for fresh adventures and paradigms for ageing.



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A good book to talk about with anyone thinking of retiring, or has retired. Great stories showing retirement isn't the end, rather a brand new beginning one stage at a time.



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