



Revitalizing Retirement

Reshaping Your Identity,
Relationships, and Purpose

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Nancy K. Schlossberg

Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose



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This volume gives help with how exactly to create a happy, fulfilling retirement. She also discusses many coping skills that cope with accepting modification and help retirees continue steadily to believe that they are essential members of the city. The author urges readers to reshape their identity, relationships, and purpose.



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This is essential read for anyone who has ever wondered about how exactly to handle the unknowns and uncertainties of life. This book is a virtual 12 step program for everybody. This publication put the retirement stage of lifestyle (or actually the post layoff stage, if you don't find work) into a fantastic perspective. I will drive this analogy one stage further as Dr. Schlossberg breathes so much life into her publication with the stories of retirees reshaping their identities in retirement. Reading this book is like sitting in a 12 step meeting and getting uplifted by the hope inspiring tales of those whose resilience, passion, creativity, courage and initiative attracted the support had a need to make effective transitions at any age. Schlossberg and trained her ideas in graduate classes for many years, so I was excited to run across this shortly after retiring. Schlossberg's meticulously researched and incredibly entertaining publication recognizes the amazing contributions of colleagues who've contributed to the storehouse of understanding on how people change and grow throughout their lives. You don't have to be spiritual or always spiritual to appreciate the wisdom implicit in The Serenity Prayer. Dr. Schlossberg helps us seem sensible of what it means to transcend what we can not change, overcome what we can, and know the difference as she chronicles the tales of those who found enlightenment while opening up to new possibilities to be in and adapting to the ever changing globe.

Mitchell Milch, LCSW Psychotherapist, Ridgewood, NJ Pre-retirement must read As a qualified Financial Planner, I had spent years looking at the financial aspects of retirement. However, I hadn't read Nancy Schlossberg's publication as well. Retirement is more than simply dollars and cents; I believe people will be a great deal better prepared for their retirement years if they read this reserve along with the financial planning books about pension." This book should be required reading in every pre-retirement program offered in the public and personal sectors. it's the loss of identity from the workplace to the "what place. Puts things into perspective I was unexpectedly laid off after 31 years at a large company. When I examine it I was not disappointed - well-created and thought-provoking. Soon, I discovered what a different world it really is without a daily routine and work responsibility - my life for 33 years. I say this because I believe everyone to 1 degree or another requirements some step-by-step guidance on how exactly to get over a youthful addiction to wishful thinking as we grow older and desire to play this video game of lifestyle happily, purposefully and meaningfully. Great suggestions are included.. Five Stars Excellent book, right to the point. I recommend ordering the hard duplicate rather than Kindle - I 1st browse it on my Kindle, but some of the tables and worksheets didn't work well, so I ended up ordering the print version. An extremely recommended read for those entering retirement or near it/thinking about it. As a Transition Trainer for 50 plus adults,I look for this to be a valuable reference with great ideas, helpful terms and exercises that provide focus

Susan M Larson, MEd.,NCC Four Stars Fresh perspective about retirement. Four Stars Reading additional perspectives is beneficial and supportive Retirement ABC'S Essentials for working through the transitions essential for a meaningful retirement wonderful I have constantly had great respect for Dr. Dr. Fortunately, I was eligible for full retirement - so I proceeded down that route.. I've also provided as a retirement gift and expect I'll give more. I look for this to be a valuable resource with great concepts, helpful conditions and exercises offering focus . Save your valuable money for retirement. Five Stars Great book Five Stars Great Too, quick. Quite repetitive. Seemed as if it was done for a resume booster. A very quick read.



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