

Topics include:

Releasing a former role identity

Facing inner resistance

Recovering hidden gifts

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Taking risks

Reshaping our world



Creative Aging

Rethinking Retirement
and Non-Retirement
in a Changing World

Marjory Zoet Bankson

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Marjory Zoet Bankson

Creative Aging: Rethinking Retirement and Non-Retirement in a Changing World



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Discover Your Unique Gift"Creative aging is a choice.. She offers creative methods for you to share your presents and experience, particularly when pension leaves you questioning who you are when you are no longer defined by your job. If we remember that transition generally begins with endings, progresses to a wilderness amount of testing and trying, and only then do we reach the start of something new, after that we are able to embrace this encore period of life with hope and curiosity, remembering constantly that it's our true nature to be creative, to be generally birthing new ways of sharing our planet together.." - from the EpilogueIn a useful and useful way, Marjory Zoet Bankson explores the spiritual measurements of retirement and aging..Drawing on stories of people who have reinvented their lives within their old years, Bankson explores the issues you need to address because you move into this generative amount of life:Release: Letting proceed of the vocational identity associated with your job or primary workResistance: Sense trapped, stagnant, resisting changeReclaiming: Drawing energy from days gone by, discovering unused giftsRevelation: Forming a fresh eyesight of the futureCrossing Point: Moving from stagnation to generativityRisk: Stepping out into the world with new hopeRelating: Selecting or creating new structures for a new kind of work.



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Really enjoyed this book Really enjoyed this book. Among the many I've read since shifting to the slower side of the road. Very useful book with cogent questions to ponder at this stage of life. And from the immense gratitude that ensues I have to stay focused in the present of everyday, every second granted without my deserving it or even earning it and make a commitment to making the best usage of it without wasting one second in regret remorse personal pity or even concern with what I have no idea but in the quest for joy and purpose that's still possible and attainable Living with aging Don't think that is among those "Financial Planning for Retirement" books.. Not really that there's anything incorrect with being financially ready for retirement.. This book is approximately being psychologically and emotionally prepared for your retirement years. I say "pension years" instead of "retirement" because one of the possibilities to us to not retire at all. For a number of us, especially men, working gives meaning to your lives and retirement can mean the lose of purpose. This is not pop-psychology mumbo-jumbo, however, many straight talking good sense that gives us a lot of sensible options to pursue whenever we hit the "golden years." Highly recommended. Practical and Insightful A must go through for anybody facing the main transitions of the next half of life. It also puts into words emotions and ideas which have been half formed. Must read for anyone considering retirement I have already been considering my second pension. A must for anyone about prepared to retire These days folks are working longer and retiring later on. Helpful resource for this developmental stage of life! You can only inflict yourself on kids and grandchildren for such a long time before you need more stimulation. This is a great publication for searching inward and seeing yourself from a different view. Bankson frames this journey as a natural process of negotiating the adjustments that life brings. My book club enjoyed it and we are all retired! They think of retirement as the last hurrah with "exactly what will I really do" still a background idea. The greatest gift I've been given up to now through the wisdom and understanding of these amazing women so versed and steeped in the topic from their experiences and research can be condensed into the realization for me personally at least, that to have this gift of more time after our professional productive years have ended or are in need of modification, is an extraordinary act of grace (Divine Grace) I'll say. I've formed an organization who meets bi-regular monthly to review and share our answers to queries posed at chapter ends. Essential read for baby boomers A must go through for people entering 50s or 60s and prepared to take up a new chapter of gerativity. Helpful for both me and my hubby as we leave careers to begin anew. In addition, Zoet's usage of stories of people and how they made transitions was very helpful. A good deal of thinking outside the box occurs right here, which is very essential nowadays. Would like to have seen more financial/economic strategies, as many of us struggle financially because the 2008 recession. I really do believe that it is in innovative techniques answers will be found. Has been very useful to recognize endings that were not honored with some sort of ritual. Several of us made a decision to give more serious credence to these stages in our lives. Guidelines on transitions Useful thoughts and ideas. Liked the questions by the end of every chapter. It discusses issues This is an excellent book. 6 steps to retirement Good structured approach to analyzing your retirement. This book helped me realize why I was unsuccessful the 1st time I retired, some 12 years ago and the adjustments I must make in my own thinking to accomplish it better this time around. A lot of religious imagery but could be treated as tales to guide change if adverse to religious practices. This is a very good book. A little too New Agey for me but still plenty to learn. It discusses issues, such as for example emotional issues and existence planning topics, that persons contemplating retirement need to consider. She identifies eight phases to moving through changes such as for example retirement, physical changes and changing home

with a concentrate on identity, meaning, and purpose in life. A little too much emphasis on spiritual, but does not detract from the organized approach/ Helpful for anticipating retirement experience Ideal for planning retirement and for anticipating a few of the emotional/cognitive struggles that go with it. I am begininng to think about myself as who I must say i am rather than who I am in my professional role. Dropping my title is hard.



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