



**Practical  
Advice  
Whether You  
Are Single,  
Married or  
Otherwise!**

# Retiring **SOLO**

**Plan to Be Happy,  
Healthy and  
Independent in  
the Years Ahead**

**Lori Martinek**

Lori Martinek

## Retiring Solo: Plan to Be Happy, Healthy and Independent in the Years Ahead



[continue reading](#)

Millions of Americans are finding themselves on their own because they head toward pension. Some are solo by situations, others by choice. The new reality is that a lot of folks will spend additional time solo than in a married or committed relationship over the course of our life time. These partner-less pioneers are rewriting the book on retirement as they learn what it takes to successfully retire solo and remain happy, healthy and independent in the coming years. Becoming solo is no longer just a stop on the path to a content ending. For a growing amount of people, it's a way of living choice and the destination. Statistics, however, indicate that most wedded Boomers are destined to become solo once again, whether through death or divorce. SENIORS all of them, they are driving new trends in casing, work, caretaking and touring, while also redefining what it means to be part of a community. Her journey to generate her personal retirement rebalancing program also produced this reserve. Nearly 10,000 Baby Boomers turn 65 each day – a reality that began this year 2010 and is likely to continue through 2029. It's never too late, or too early, to develop a plan to safeguard your independence and ensure that your arriving years are content, healthful and brightened by a sense of community. Those who are married are likely relying on a spouse's income to greatly help save for retirement and to provide a second Social Security check later on. Solo is a natural, dynamic state that we experience once we cycle in and out of lifestyle stages, living arrangements and relationships. In a nutshell, there are no guarantees in existence, whether you are solo, married or somewhere in between. It is likely that you will have to continue working, start a business or come up with another source of income to supplement whatever Sociable Security benefits you may earn. Have you thought about how you will spend time in retirement, how or where you might live, how you will stay active and healthy in the years ahead, or who will be there for you personally as you grow older? You should. Few feel financially prepared for retirement. Retiring Solo will highlight how to begin. As a captivating single female with a passion for outdoor actions and interpersonal causes, Lori also wished to protect her health and her mobility, stay active and engaged in the globe around her, create a sense of community that would provide social possibilities and support, and discover a method to 'live only, but together' with other active adults. As a small business owner for pretty much 30 years, Lori knew that she needed a plan to secure her potential and protect her independence as she grew old.

----- Writer Lori Martinek is an effective serial business owner and an advisor and mentor to business owners. And: It really is almost particular that we are solo during the old age of our lives.



[continue reading](#)



.Great book with lots of information for women retiring at .. Great book with plenty of information for women retiring at any age! Will purchase even more of her books too. Questions to ask one's self Retiring Solo isn't only for solo folks, it has a large amount of good details to consider ahead of retiring.Good questions in this book to ask one's self. Such as for example what do I do with all the time I'll gain in every day of the week?



[continue reading](#)

download Retiring Solo: Plan to Be Happy, Healthy and Independent in the Years Ahead mobi

download free Retiring Solo: Plan to Be Happy, Healthy and Independent in the Years Ahead djvu

[download Aging With Attitude epub](#)

[download free The Smart Woman's Guide to Style & Clothing: A Step-By-Step Process for Creating the Perfect Wardrobe mobi](#)

[download 101 Word Find Puzzles Vol. 1: Themed Word Searches, Puzzles to Sharpen Your Mind \(Large 101 Themed Word Search Series\) \(Volume 1\) pdf](#)