



Based on a  
Groundbreaking  
Study

"A surefire scientific formula for  
enjoying the years ahead when our  
first career is over. A must-read!"

—KEN BLANCHARD, Ph.D.  
coauthor of *The One Minute Manager*

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# Retire Right

**8** Scientifically Proven  
Traits You Need for a Happy,  
Fulfilling Retirement



FREDERICK T. FRAUNFELDER, M.D.  
AND JAMES H. GILBAUGH, JR., M.D.

*Previously published as Retirement Rx*

Frederick T. Fraunfelder M.D. and

## Retire Right: 8 Scientifically Proven Traits You Need for a Happy, Fulfilling Retirement



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The results were amazing but clear. all of them were able to: \* plan forward \* maintain a confident attitude \* accept modify \* lean on the support network \* have a sense of purpose \* maintain a healthy lifestyle \* engage in leisure activities \* enjoy some expression of spirituality Retire Best evaluates the reader and guidelines for how exactly to develop each key characteristic. Fritz Fraunfelder and Dr. Jim Gilbaugh have seen thousands of their individuals respond in a different way to the problems of pension: some rose to brand-new heights; These essential abilities can be strengthened, also acquired from scratch, whether the reader is just starting to arrange for retirement, is in the early years, or can be a practiced retiree. The doctors started to wonder: How do some individuals maintain their vitality, interests, and zest forever in retirement while others became distant, actually depressed? Is there a secret for retiring well? To get the response, they designed a comprehensive study involving several thousand individuals. The first scientifically backed guide to a happy, fulfilling retirement. The good thing? The happiest retirees shared eight important traits; Over the years, Dr. Financial planning isn't as important to a fulfilling retirement as much may think-the psychological encounter is just as essential. others hit brand-new lows. The initial scientifically supported bulletproof prescription, this book is the most concrete lead to a happy retirement.



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Worth a read Lots of great concepts in this straight-forward book sending as something special to my sister and brother-in-law who all . While a little bit redundant in some sections, I found the book overall to be full of convincing research, motivating to me to build new habits into my life. not just another financial areas of retirement book! books on the financial areas of pension are common. That is a very practical 'how to' deal with many other non monetary aspects of retirement. sending as something special to my sister and brother-in-law who are planning on retiring when they bypass to it. Great Advice for Long term Retirees If you are looking for points to consider before retirement, this is it. A Must Read A must go through before you retire. Great details for everyone. Great information from tremendous doctors. Many of us doctors are nearing retirement, but have little if any guidance on how exactly to be "successful" at this endeavor. Among my two favorite books, the various other one by Ernie Zelinski. Devoid of retired yet, I can't attest to the helpfulness of this book, but it sure is usually a welcome addition to a field that is woefully lacking. Exceptional book. Excellent book backed by great research. Every chapter packed with ideas which were gotten from their study of retired Doctors. This carefully researched book may help one retire more successfully. Healthy retirement is more than just physical Based on primary research (the two authors are physicians who surveyed their sufferers), Retire Correct makes a compelling court case for taking care of your psychological and spiritual health just as much as your physical health if you are to enjoy a happy and fulfilling retirement... Perform consist of this book in your research. Still reading it. An excellent resource. Has great tips. And DO study and consider far more than if here's enough money to go on in pension. Buy it. I have recommended this book many instances to anyone considering retiring in ... I have recommended this book many occasions to anyone considering retiring soon. It helped me plan my retirement with techniques I had not even considered.. Five Stars Good recommendations for those getting ready to retire Has great advice...



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