

Topics include:

Releasing a former role identity

Facing inner resistance

Recovering hidden gifts

Forming a vision for the future

Choosing generativity

Taking risks

Reshaping our world



Creative Aging

Rethinking Retirement
and Non-Retirement
in a Changing World

Marjory Zoet Bankson

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



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If we remember that transition generally begins with endings, progresses to a wilderness period of testing and trying, and only after that perform we reach the beginning of something new, then we are able to embrace this encore amount of life with wish and curiosity, remembering generally that it is our true nature to be innovative, to be always birthing new means of sharing our world together. Discover Your Unique Gift "Creative aging is a choice.... Drawing upon stories of people who've reinvented their lives within their older years, Bankson explores the issues you need to address as you move into this generative amount of life: Release: Letting go of the vocational identification associated with your job or primary work Resistance: Sense stuck, stagnant, resisting change Reclaiming: Drawing energy from days gone by, discovering unused gifts Revelation: Forming a new eyesight of the future Crossing Point: Moving from stagnation to generativity Risk: Stepping out into the world with new hope Relating: Getting or creating new structures meant for a new kind of work She offers creative ways so that you can share your gifts and experience, particularly if retirement leaves you questioning whom you are when you are no more defined by your job." ?from the Epilogue In a practical and useful way, Marjory Zoet Bankson explores the spiritual sizes of pension and aging.



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Essential read for seniors A must browse for folks entering 50s or 60s and ready to start a new chapter of gerativity. One of many I have read since moving to the slower aspect of the road. This book is approximately being psychologically and emotionally prepared for your retirement years. And from the immense gratitude that ensues I must stay focused in the present of everyday, every instant granted without my deserving it or even earning it and make a committed action to making the very best use of it without wasting 1 second in regret remorse personal pity or even concern with what I don't know but in the quest for joy and purpose that's still possible and attainable Living with aging Don't think that this is one of those "Financial Planning Retirement" books... Not that there's anything incorrect with being financially ready for retirement. 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 subject 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 say "pension years" instead of "retirement" because among the possibilities to us to not retire at all. For a lot of us, especially males, working gives meaning to your lives and retirement often means the lose of purpose. My book golf club cherished it and we're all retired! They think of retirement because the last hurrah with "exactly what will I do" still a background idea. Practical and Insightful A must go through for anybody facing the main transitions of the second half of lifestyle. Bankson frames this trip as a natural procedure for negotiating the changes that life brings. She identifies eight phases to moving through adjustments such as retirement, physical changes and changing residence with a focus on identity, meaning, and purpose in existence. A must for anybody about prepared to retire These days people are working longer and retiring later." Highly recommended. Liked the questions at the end of each chapter. That is a great book for searching inward and seeing yourself from a different watch. In addition, it puts into words feelings and ideas that have been half formed. 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. This is a very good book. Furthermore, Zoet's usage of stories of individuals and how they produced transitions was very helpful. A little too New Agey for me personally but still lots to understand. Has been very useful to recognize endings which were not really honored with some kind of ritual. Several of us made a decision to give more serious credence to these phases in our lives. Very useful book with cogent questions to ponder at this stage of life. A great deal of thinking outside the box occurs here, that is very essential nowadays. Would like to have seen more financial/economic strategies, as many of us struggle financially because the 2008 recession. I do believe it is in creative ways that answers will be found. Really enjoyed this book Really enjoyed this book. Ideal for both me and my husband as we leave professions to begin anew. This reserve helped me realize why I was unsuccessful the first time I retired, some 12 years ago and the adjustments I must make in my own thinking to do it better this time. You can just inflict yourself on kids and grandchildren for such a long time before you will need more stimulation. I've formed an organization who meets bi-monthly to review and talk about our answers to questions posed at chapter ends. 6 steps to retirement Good structured method of analyzing your retirement. A little too much focus on spiritual, but does not detract from the structured approach/ Helpful for anticipating retirement experience Ideal for planning retirement and for anticipating a few of the psychological/cognitive struggles that opt for it. Lots of spiritual imagery but can be treated as tales to steer transformation if adverse to spiritual practices. Helpful resource for this developmental stage of life! It discusses issues This is an excellent book. It

discusses problems, such as for example emotional issues and life planning topics, that individuals contemplating retirement need to consider. Must read for anyone considering retirement I have been considering my second pension. Guidelines on transitions Useful thoughts and ideas. I am beginnng to think of myself as who I really am rather than who I am in my own professional role. Dropping my name is hard.



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