



POISED *for* **RETIREMENT**

Moving from Anxiety to Zen

Louise Nayer



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Poised for Retirement: Moving from Anxiety to Zen



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A unique narrative on a unique time supplying solace to people nearing retirement. Written with humor, compassion, and poignancy, Nayer's Collective and teaches workshops at OLLI UC Berkeley. rather, it' She was a professor of English and innovative writing for over twenty-seven years at City College of SAN FRANCISCO BAY AREA. Poised for Retirement is not your parents's poetic prose is also inspirational. Easy to put into action visualizations and breathing and sleep techniques are offered at the end of every chapter. Readers will gain insight and wisdom because the author learns to create a new and healthier life in this important changeover. A timely topic for Baby Boomers (born between 1946 – 1962), representing twenty percent of the united states population by 2029. Every month greater than a quarter-million Americans turn sixty-five. Includes interviews with a diverse band of specialists and laypeople who talk about their experiences because they face the equal decision point in their lives. Presently, she is part of the SAN FRANCISCO BAY AREA Grotto Writer's the relatable story of an ordinary working female reflecting on her life and career. Louise Nayer, is a writer and educator. retirement guide, nor is it a economic planning guide; Her book Burned: A Memoir was an Oprah Great Go through and won the 2011 Wisconsin Library Association Award. She lives in San Francisco, California.



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Practical Retirement Guide Louise Nayer's new book is so heartfelt in its feelings and so chock-full of practical, hard-won recommendations, I have already sent it to three soon- to- retire friends and can recommend it to many more. I am not planning on pension in coming years but I've parents who will retire this year so purchased this book for them -- and was pleasantly surprised that not only will there be a fascinating personal narrative in this reserve but also needed practical elements too (such as for example "methods to calm yourself from anxiety"). Plenty of good advice. Nayer's personal elements are also deeply emotional and beautiful - the picture where she visits her parents' urns and asks them permission to retire therefore deeply honest and touching (I came across myself in tears realizing just how essential parental acceptance and support is normally throughout one's life!). I recommend this publication to those seeking pension not just from careers but a new way to view one's relationship to work and life. A Moving Memoir & For Retirees and Non-Retirees Alike! It really is never easy to encounter a life-altering transition, and leaving one's career can be a tough or joyous experience based on attitude, planning, and the factors we can not control. I cherished her earlier memoir BURNED and highly recommend POISED FOR Pension. The writer also weaves in the knowledge and advice of 17 folks from various fields to broaden and explicate her own. Well Written Made me feel more comfortable with my decision to retire! She writes of the initial years of her retirement and the necessity to have a plan that supplants having less regularity of functioning. Her deft usage of language make this so much more when compared to a self-help book. This is an inspiring and candid perspective on the leap into unknown territory. I instantly identified with Nayer as the narrator, trusting her openness and resourcefulness. I'd recommend this book for all those embarking on a life that's anything but retiring. Loved it. Really contributed to my retirement plans. Fun, easy to read book, full of useful thoughts approximately transitioning into pension.. She contemplates the huge benefits and losses that will come with retirement. Freedom, finances, associations, self identity and much more. She contains conversations with close friends who are also deciding. We're with her for the initial few years after retirement as she adapts and realizes her dream of writing full time. And we observe how her friends deal with their situations. An excellent writer and an excellent storyteller, Nayer puts herself in her reader's sneakers, offering empathy and motivation. This is an inspiring and candid perspective on the leap . This is an excellent exploration of the process of retirement - built on Nayer's own journey and also many others' stories. The personable and very honest author discusses the difficulty in choosing when to do it. It's really a text on how best to deal with change. The writer personalizes this changeover into retirement with the details of her personal progression towards pension. Her shared knowledge makes our very own decision more educated and her courage in sharing it a little less scary for the rest of us. This is an excellent exploration of the procedure of retirement - built on . Nayer's journey from university professor to retiree got its struggles, and that means you wish to cheer when she embraces her life on the "other aspect" which became abundant with writing, human relationships, travel, and renewed focus on health and fitness... It is a hopeful book and is a must read for those who are fearful of pension. I plan to read it again soon to savor its gorgeous prose and all its wisdom. The reminders to decelerate and pay attention, in addition to to look for community, are great for those shortly to retire and also for those of us far from retirement! A must for retirement Louise Nayer's personal story touches thus many issues that are faced by those who approach that life altering moment: retirement. Recommend. By the third year she finds a fresh rhythm, a different convenience, more control in her existence. So Much More When compared to a Self-Help Book Nayer does an amazing

job of weaving her personal experience with practical help with a transition that all of us encounter at one time or another -- retirement. Louise Nayer's situation in retiring is exclusive yet is general for many folks who end our careers to reinvent ourselves, to find a different fulfillment from one that may possess defined us before pension. Even while interspersing her narrative with encounters of other people who have made the passage from working life to retired lifestyle. Louise Nayer's book is filled up with insights gained while searching to get affirmation for her decision to retire. Useful insights about the process of moving through this transition. One of the most important decisions As we approach the finish of our functioning years, questions of how to spend our remaining years sprout like weeds. Some people have many choices, some not really much. In this book, Nayer guides all visitors through the daunting maze of choices, helping all visitors to find the place of relaxed within themselves. Would recommend to anyone who's nearing pension. I liked the tips and tricks for embracing existence after function, and I loved the author's own story that runs through everything. Full of personal insights Just what a wonderful book! Filled with personal insights, practical suggestions and inspiring stories! I plan to make sure all my soon-to-be-retiring close friends know about Ms. Nayer's retirement reserve. I liked the tips and tricks for embracing life after work Read this as road map of how I hope my life can roll in retirement. What a wonderful reserve! In her heartfelt reserve, she exposes her concerns about finances, emotions of loss of comfort and security that a steady job provides, and the loss of friendships created during the years dealing with colleagues.



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