

SARA YOGEV, PHD

"Wise, practical, witty, good humored, and immensely helpful, this book is a must-read for the millions of boomers entering retirement age" —JANE MANSBRIDGE, PHD, Adams Professor, Kennedy School, Harvard University



THIRD
EDITION

A Couple's Guide to Happy Retirement AND Aging

15 KEYS TO
LONG-LASTING
VITALITY AND
CONNECTION

Sara Yogev

A Couple's Guide to Happy Retirement and Aging: 15 Keys to a Lasting Relationship



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Not really a treatise on cash management, this is a much-needed lead to the mental areas of aging and steps to make your romantic relationship content, fruitful, loving, and effective during your retirement years. A Couple's Guideline to Happy Pension and Aging is the most comprehensive reserve devoted entirely to individual and couples romantic relationship issues in the later stage of life. Written by Dr. Sara Yogev, a psychologist focusing on work and family issues, A Couple's Guidebook to Happy Retirement and Aging summarizes the most recent research results and draws from real accounts of couples. A Couple's Instruction to Happy Retirement and Aging shows you how to do that--so that you'll have enough time of your lives. It is crucial that lovers prepare themselves and their marriages psychologically for his or her retirement years, which could very well be a quarter of their lives. This book will help you and your partner: prepare emotionally for the dramatic life changes during retirement years find new reasons to your daily life beyond function nurture your romantic relationship and reinforce your friendship and like as you age group explore sexuality at this time of life including ways to enjoy each other as much as you did as a more youthful couple implement strategies to successfully deal with differences around cash, time together versus aside, housework, and family associations The 2018 edition includes new chapters about drug abuse, cohabitation, and the effect of technology on senior lovers and also updates to all previous chapters.



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Insightful, detailed and ready to apply immediately I am delighted that book has been reissued and updated. It really is an excellent, one-of-a-kind resource for couples who are getting into this interesting transition phase of existence. Because the first edition was published over 10 years ago there's been a flood of books addressing the non-financial aspects of retirement, but that one stands out for its sensitive approach to dealing with the special relationship conditions that the transition presents for married people. As in many cases, communication is the key to avoiding and resolving problems, but structuring that communication requires first being conscious of the issue and then having tools to make your way through the various elements that influence it. It is of this type that the book actually shines. Worthwhile Well-written and some valuable insights. I had the privilege of using the first edition of this book as the basis for a number of workshops offered through our neighborhood lifelong learning institute [... A must browse for any couple embarking on retirement. My husband wouldn't read it. Yogev and I spent a long time in mobile phone conversations as she was most generous in reviewing my workshop materials and making ideas for improvement. Buy lunch instead "Not for Lunch" Okay Instead of buy this book I wish We had opted to take my lovely wife away to lunch time. These discussions and ensuing understandings and accommodations will determine your happiness and vitality in pension. Certainly information worth taking into consideration for many people approaching pension or recently retired. Everyone discovered this to end up being of great help as they sort through the complex transition into the "Third Age group" as a couple. You need to talk to one another about much more than you realize. These discussions and ensuing understandings and accommodations will determine your happiness and vitality in retirement Important reading for couples approaching or already in retirement. The format was a peer-oriented debate of the topics in the book, organized into several sessions. This reserve takes you there. Practical and profitable This is an excellent book if you are nearing retirement. The author has great tips on preparations to create and how to adapt to the new lifestyle. Would recommend this publication to anyone This book has so many practical ideas for retirees. I hope the new electronic version reaches many people. Then, it includes sound advice on ways to overcome most of the problems that happen in the old age of life. Would recommend this book to anyone. Excellent Resource This book is professionally and personally most timely and welcome. Having just retired from decades of clinical social function employment, I find enormous worth in Dr. Yogev's exceptional work. Perhaps this would be helpful for someone who has not really planned on doing anything in pension or has no interests beyond work. A Couple's Guidebook to Happy Retirement is much needed, useful and a well written book. It shares several issues that we as seniors will face. They will be all the more prepared for this next stage of life if it does. Joan R. Benner, LICSW very useful insights on retirement Having been retired already 12 years, with my wife only 8 years in to retirement, I was easily able to relate many of the hurdles discussed in the book with this own situation! I will softly encourage my partner to learn this - I'm sure she will take advantage of the experience!! Great book! This book provided many explanations to, and also validations for, several situations which have been dogging us for the last 8 years.]. It appears to me that maybe it's summed up with "Find outside passions and consider that your spouse has the right to a life distinct from you" ..at any age. Great insight to a variety of topics for couples to explore!! The exercises in each chapter, completed thoughtfully by the companions, will be invaluable in creating awareness and bringing clarity to an honest discussion of potential stumbling blocks and in addition identifying regions of great development potential. Individuals worked the exercises making use of their partners and then discussed any significant areas that they wanted to highlight for the group. Both partners should read. Mediocre No review Five Stars Helpful guide to the transition to retirement Perfect retirement gift This book really helped as We retired at same time. Dr. Gave some good ideas for what to expect when you reach retirement. Liked it I thought this was good. She also offered up the rest of the stock of her initial edition copies that I used for the workshop individuals. I appreciate your time and effort she had taken to revise the original, making it even more pertinent to the difficulties of today.. Remember those previous adages; "Absence makes the center grow fonder" or "Familiarity breeds contempt". This publication is definitely a depressing accumulation of sorry stories.



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