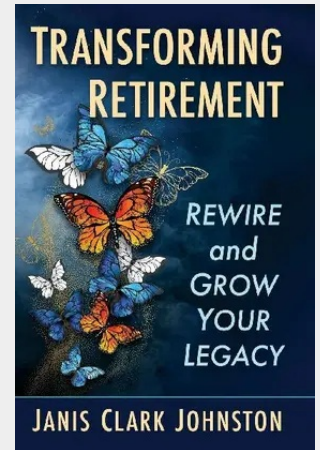


Transforming Retirement

Rewire and Grow Your Legacy

People are naturally worried about transitions at any stage of their lives, and retirement transitioning presents unique challenges because you realize that your life clock is ticking faster with each passing year. Beyond financial concerns, your true wealth is determined by how you spend your time and how you care for your health. Retirement represents a rich psychological growth time, and successful aging is characterized by cultivating a growth mindset alongside a healthy dose of grit, or passion plus persistence. This book shares insights from a survey of 125 participants, all of whom are 55 or older, on retirement beliefs and time management. The author encourages retirees to embrace the concept of rewiring their brains in a psychological reboot applying to both work and non-work scenarios. Each chapter presents rewiring exercises that prepare space for new possibilities to germinate immediately, and "possibility time" exercises that foster digging deeper into legacy roots for shaping days where you can flourish. Seasoned citizen years have the possibility of becoming your greatest life plots when you rewire your personality and ability skillset.



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