

# Retirement

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## Coping with Emotional Upheavals

Expert and firsthand guidance for coping with the difficult and crucial problems of retirement. How to deal with the psychological shocks of displacement. How to make successful mental adjustments and, most important, how to plan intelligently for a smooth transition to a new life-style.

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**Leland P. Bradford & Martha L. Bradford**

# Retirement Coping With Emotional Upheavals

**Jin-Ying Zhang**



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