

Retirement

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.

Leland P. Bradford & Martha L. Bradford

Retirement Coping With Emotional Upheavals

Jin-Ying Zhang



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