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Retire Right Frederick T. Fraunfelder M.D., James H. Gilbaugh, 2009-05-14 The first scientifically backed guide to a happy fulfilling retirement Over the years Dr Fritz Fraunfelder and Dr Jim Gilbaugh have seen thousands of their patients respond differently to the challenges of retirement some rose to new heights others hit new lows The doctors began to wonder How do some people maintain their vitality interests and zest for life in retirement while others became distant even depressed Is there a magic formula for retiring well To find the answer they designed a comprehensive study involving more than one thousand patients The results were surprising but clear Financial planning is not as important to a fulfilling retirement as many may think the psychological experience is just as crucial The happiest retirees shared eight key traits all of them were able to plan ahead maintain a positive attitude accept change lean on their support network have a sense of purpose keep a healthy lifestyle engage in leisure activities enjoy some expression of spirituality Retire Right evaluates the reader and provides guidelines for how to develop each key characteristic The good news These essential skills can be strengthened even acquired from scratch whether the reader is just starting to plan for retirement is in the early years or is a seasoned retiree The first scientifically backed bulletproof prescription this book is the most concrete quide to a happy The FC&A 2003 Information Almanac Editors of FC&A,2003 This book contains everything you need to retirement know to succeed in life and have fun doing it and when it comes to keeping your hard earned cash we think it s your right to keep as much of it as you can That s where this book can come in handy To give you the inside scoop on how to make the most of your money and your life we interviewed experts from finance to fashion to discover what secrets they ve been keeping in the dark Plus we searched through bookstores magazines and computer databases to bring you the most useful information we could find Over 1 265 money saving secrets are included plus tips on cashing in on collectibles living safe in a scary world computer know how simple car care homeowner how to and much much more Docket No. 117638 .2014

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