

How-to Start Well your Retirement

June 2018



Synopsis:

Feared or longed for, Retirement is a milestone in a life. More than closing a chapter, it opens a new one that can lead to a new life.

Retired people can now have a very busy schedule: from sport to travels, from charities to family. But the change of life induced by the stop of professional activity can lead to some stress and sometimes depression.

So the 1st year is essential to set the basis of a new life, finding a balance between activities and keep sometimes for yourself

The book will guide you through the 1st year, helping the reader to deal with every aspects of this new life: family, money, activity, boredom, sports...

Content:

- How-to prepare retirement
- How-to be clear about your desires
- Finding a balance within your couple and your family
- How-to cope with difficult times

■ Specifications :

- Collection : Self-Help
- Publication : June 2018
- RPP: 17,90 €
- 128 pages
- 170 x 230 mm
- paperback
- ISBN : 979-10-323-0274-3

**How to Start Well your Retirement
Table of Content**

BEFORE STARTING

INTRODUCTION

- 1. MY FIRST YEAR OF RETIREMENT**
- 2. MOURN YOUR ACTIVITY, YOUR JOB,
YOUR CARREER**
- 3. CLARIFYING INTROSPECTION**
- 4. CONDUCT A LIFE REVIEW**
- 5. LETTING GO**
- 6. IN THE END, WHO AM I?**
- 7. A BETTER SELF-AWARENESS**
 - 8. FINANCE**
 - 9. HEALTH**
 - 10. FOOD**
 - 11. MEMORY**
 - 12. ESSENTIAL OILS**
 - 13. SEXUALITY**
- 14. SELF-ESTEEM AND CONFIDENCE**
- 15. GROWING-UP TO AGE BETTER**

CONCLUSION

THE AUTHOR

MANDALAS EXERCISES