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Retire Right: 8 Scientifically Proven Traits You Need for a Happy, Fulfilling Retirement



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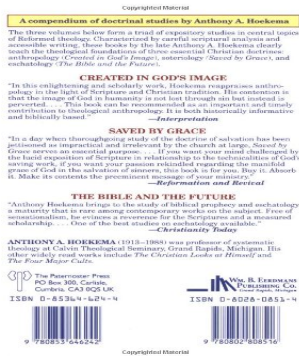
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Retire Right: 8 Scientifically Proven Traits You Need for a Happy, Fulfilling Retirement

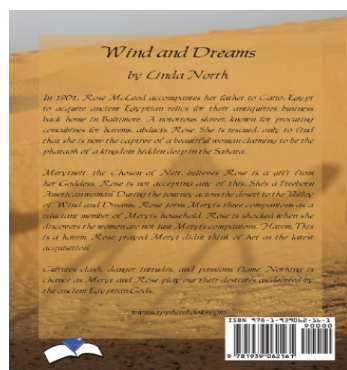
The first scientifically backed guide to a happy, fulfilling retirement. Over the years, Dr. Fritz Fraunfelder and Dr. Jim Gilbaugh have seen thousands of their patients respond differently to the challenges of retirement: some rose to new heights; others hit new lows. The doctors began to wonder: How 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

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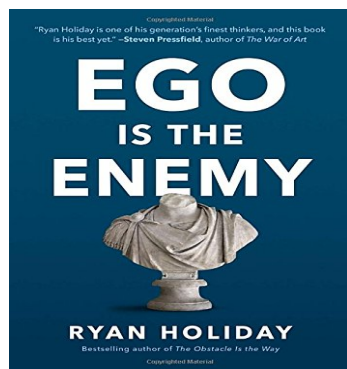
The Bible and the Future

Writing from the perspective that the coming of God's kingdom is both present and future, Hoekema covers the full range of eschatological topics in this comprehensive biblical exposition. The two major sections of the book deal with inaugurated eschatology (the "already") and future eschatology (th



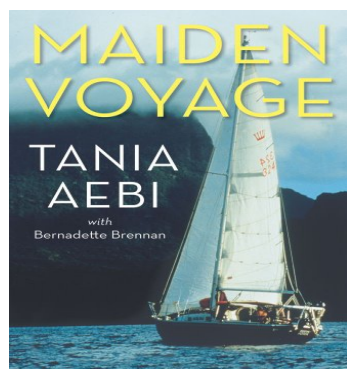
Wind and Dreams

In 1901, Rose McLeod accompanies her father to Cairo, Egypt to acquire ancient Egyptian relics for their antiquities business back home in Baltimore. A notorious slave, known for procuring concubines for harems, abducts Rose. She is rescued, only to find that she is now the captive of a beautiful



The Team Handbook Third Edition

This updated best-selling, comprehensive resource book provides everything you need to create high performing teams. In addition, book purchasers will be able to download electronic versions of forms and templates found in the book for use within their organization! The third edition provides infor



Maiden Voyage

What begins as the sheer desire for adventure turns into a spiritual quest as a young woman comes to terms with her family, her dreams, and her first love. Tania Aebi was an unambitious eighteen-year-old, a bicycle messenger in New York City by day, a Lower East Side barfly at night. In shor

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What others say about this ebook:

Review 1:

Good recommendations for those getting ready to retire

Review 2:

Based upon primary research (the two authors are medical doctors who surveyed their patients), Retire Right makes a compelling case for taking care of your emotional and spiritual health as much as your physical health if you are to enjoy a happy and fulfilling retirement. While a bit redundant in some sections, I found the book overall to be full of convincing research, motivating to me to build new habits into my life.

Review 3:

sending as a gift to my sister and brother-in-law who are planning on retiring when they get around to it....

Review 4:

Lots of great ideas in this straight-forward book

Review 5:

Still reading it. Has great advice.

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