



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

By Frederick T. Fraunfelder M.D., James H. Gilbaugh

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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 guide to a happy retirement.

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