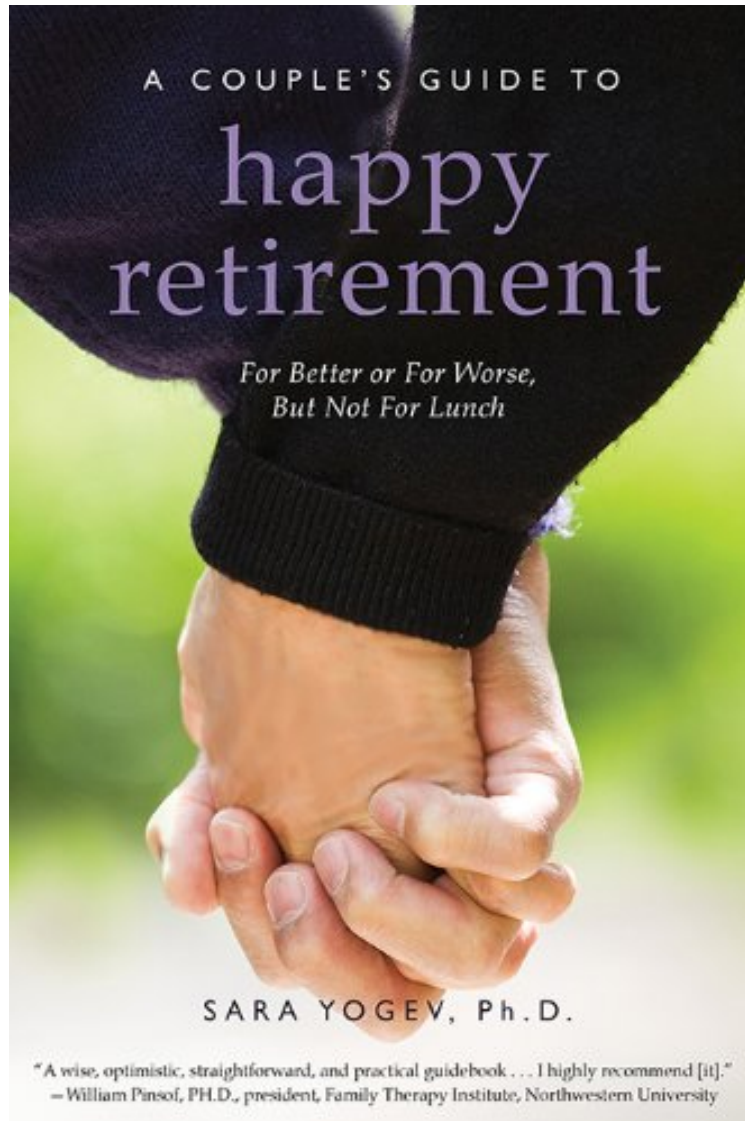


[Free pdf] A Couple's Guide to Happy Retirement: For Better or for Worse . . . But Not for Lunch

## **A Couple's Guide to Happy Retirement: For Better or for Worse . . . But Not for Lunch**

*Sara Yogev*

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**Sara Yogev : A Couple's Guide to Happy Retirement: For Better or for Worse . . . But Not for Lunch** before purchasing it in order to gage whether or not it would be worth my time, and all praised A Couple's Guide to Happy Retirement: For Better or for Worse . . . But Not for Lunch:

6 of 6 people found the following review helpful. Insightful, detailed and ready to put into practice immediatelyBy James BarryI am delighted that this book is being reissued and updated. It is an excellent, one-of-a-kind resource for couples who are entering this exciting transition phase of life.Since the first edition was published over 10 years ago

there has been a flood of books addressing the non-financial aspects of retirement, but this one stands out for its sensitive approach to dealing with the special relationship issues that the transition presents for married couples. As in many cases, communication is the key to avoiding and resolving issues, but structuring that communication requires first being aware of the issue and then having tools to make your way through the various elements that affect it. It is in this area that the book really shines. The exercises in each chapter, done thoughtfully by the partners, will be invaluable in creating awareness and bringing clarity to an honest discussion of potential stumbling blocks and also identifying areas of great growth potential. I had the privilege of using the first edition of this book as the basis for several workshops offered through our local lifelong learning institute [...]. Dr. Yogev and I spent several hours in phone conversations as she was most generous in reviewing my workshop materials and making suggestions for improvement. She even offered up the remaining stock of her first edition copies that I used for the workshop participants. The format was a peer-oriented discussion of the topics in the book, organized into several sessions. Participants worked the exercises with their partners and then discussed any significant areas that they wished to highlight for the group. Everyone found this to be of great help as they sort through the complex transition into the "Third Age" as a couple. 2 of 2 people found the following review helpful. Excellent Resource

By Joan R. Benner, LICSW  
This book is professionally and personally most timely and welcome. Having just retired from decades of clinical social work employment, I find enormous value in Dr. Yogev's excellent work. I appreciate the effort she took to update the original, making it all the more pertinent to the challenges of today. A Couple's Guide to Happy Retirement is much needed, practical and a well written book. I hope the new electronic version reaches many people. They will be all the more prepared for this next stage of life if it does.

Joan R. Benner, LICSW  
1 of 1 people found the following review helpful. very useful insights on retirement

By Thomas M. Holtz  
Having been retired already 12 years, with my wife only 8 years into retirement, I was easily able to relate many of the hurdles discussed in the book with our own situation!! This book provided many explanations to, and even validations for, a number of situations which have been dogging us for the last 8 years. I will softly encourage my wife to read this - I'm sure she will benefit from the experience.

A Couple's Guide to Happy Retirement is the most comprehensive book devoted entirely to relationship issues in retirement. Not a treatise on money management, this is a much-needed guide to the psychological aspects of retirement and how to make your retirement relationship happy, fruitful, loving, and successful. Written by a psychologist specializing in work and family issues, and drawing from actual accounts from retired couples, this book helps you prepare emotionally for the dramatic life changes during retirement, coaches you to find new purposes to your life beyond work, nurtures the relationship with your companion to strengthen your friendship and love, explores sexuality after retirement and how you can enjoy each other as much as you did as a younger couple, and recommends strategies to successfully deal with differences around money, time together versus apart, housework, and family relationships. It is crucial that couples prepare themselves and their marriages psychologically for what could very well comprise a quarter of their lives. A Couple's Guide to Retirement shows you how to do that—so that yours will have the time of your lives.

. . . very helpful in providing a perspective on this phase of life. James I. Ausman, MD, PhD, Executive Producer The Leading Gen A wise, optimistic, straightforward, and practical guidebook . . . I highly recommend [it]. William Pinsof, PhD, president, Family Therapy Institute, Northwestern University ---About the Author  
For over thirty years, Dr. Yogev has been providing individual psychotherapy for adults struggling with depression, anxiety, stress, low self-esteem, and work-family balance as well as marital psychotherapy to couples. Some of the most common problems Dr. Yogev has helped couples resolve include improving communication, emotional intimacy issues, and sexual troubles (both his and hers). In addition to individual psychotherapy and couples counseling, Sara Yogev also offers coaching and supervision of other therapists. Find out more about Sara Yogev and her clinical psychology practice at [sarayogev.com](http://sarayogev.com).