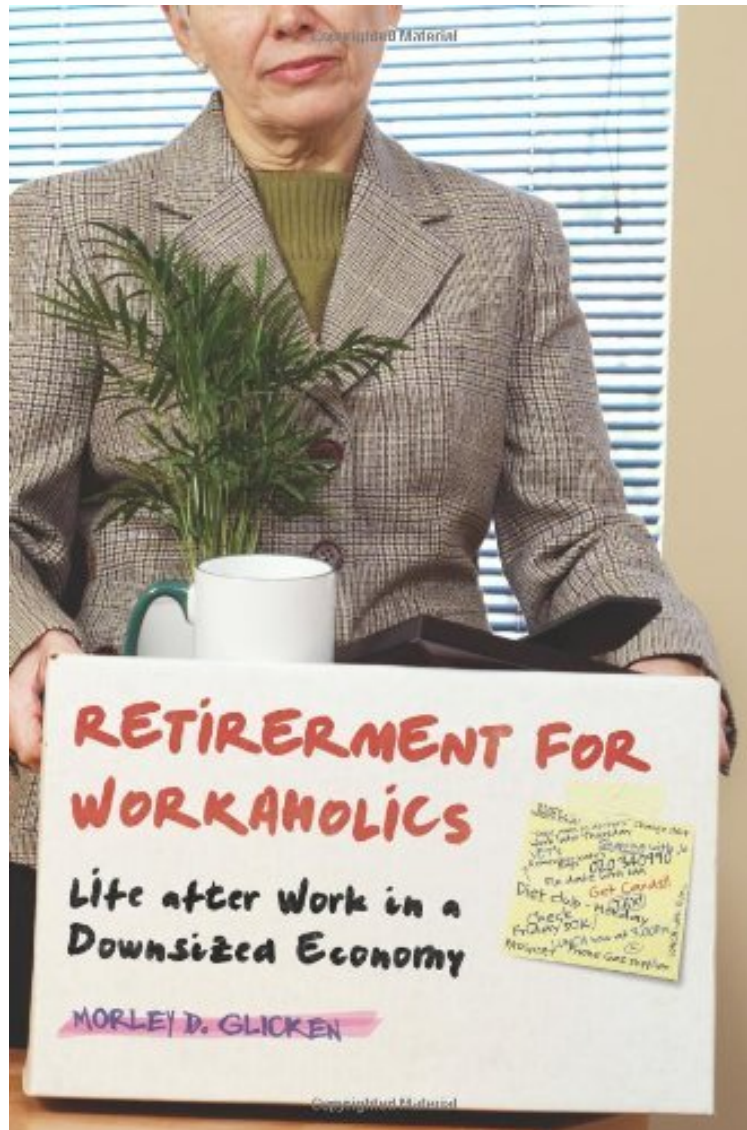


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# Retirement for Workaholics: Life after Work in a Downsized Economy

Morley D. Glicken

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**Morley D. Glicken : Retirement for Workaholics: Life after Work in a Downsized Economy** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Retirement for Workaholics: Life after Work in a Downsized Economy:

0 of 4 people found the following review helpful. Great read!By Mark TwainWonderful read. Highly recommended. Especially loved the part written by the guy that commutes from Miami to Israel every few weeks!

A practical guide for workers who have been downsized or forced to take retirement before they're ready, *Retirement for Workaholics: Life after Work in a Downsized Economy* explains workaholic behavior, why it develops, and what can be done about it. Rather than taking a negative approach to work addictions, the book provides a sympathetic and logical way of understanding and coping. Organized around research explaining work addictions and the problems workaholics have coping with retirement, the book also includes numerous personal stories from workaholics and case studies of work-addicted individuals. These stories illustrate the effects of work addiction on self, friends, and loved ones, as well as how people have dealt with the overwhelming need to work. More positively, it offers concrete suggestions for dealing with postretirement issues, such as loneliness, boredom, and substance abuse, and for finding satisfaction and fulfillment whether through volunteer activities, a new career, or the pursuit of previously shelved passions.

**About the Author** Morley D. Glicken, PhD, has been a professor, director, and dean of schools of social work and is currently on faculty at Arizona State University in Phoenix, AZ.