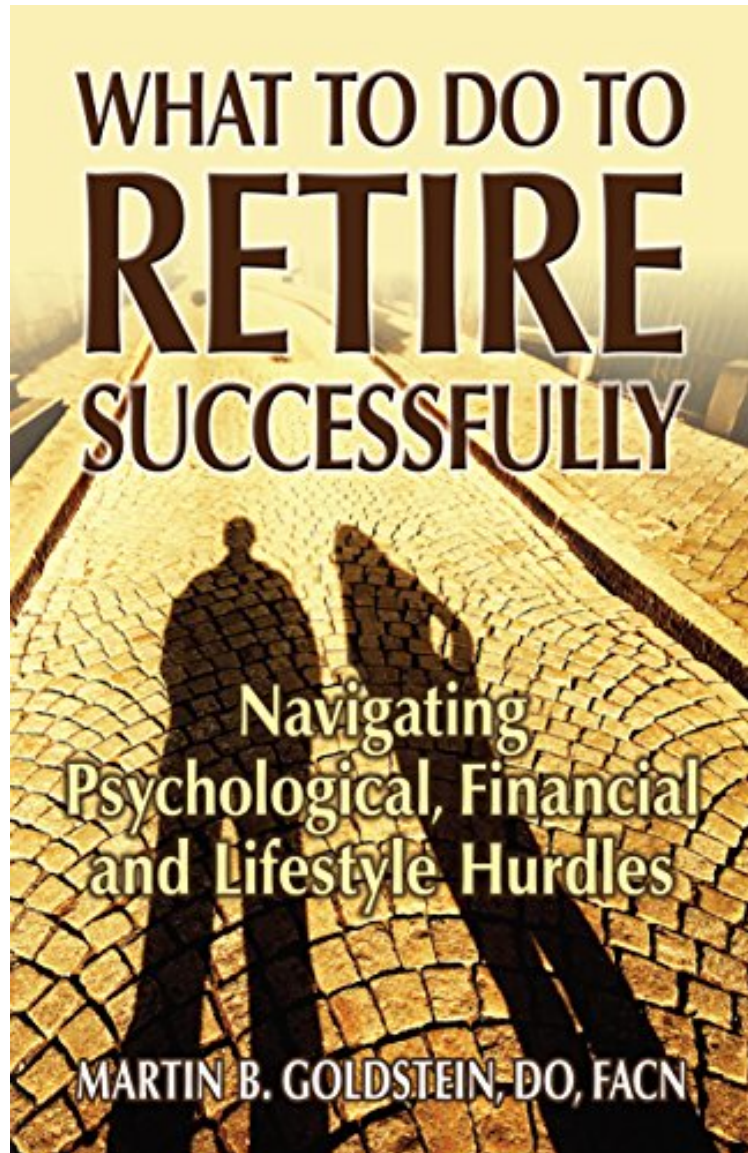


(Download) What to Do to Retire Successfully: Navigating Psychological, Financial and Lifestyle Hurdles

# What to Do to Retire Successfully: Navigating Psychological, Financial and Lifestyle Hurdles

*Martin B. Goldstein*

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**Martin B. Goldstein : What to Do to Retire Successfully: Navigating Psychological, Financial and Lifestyle Hurdles** before purchasing it in order to gage whether or not it would be worth my time, and all praised What to Do to Retire Successfully: Navigating Psychological, Financial and Lifestyle Hurdles:

Seventy-seven million baby boomers are slated to retire over the next twenty years: this boils down to approximately 10,000 daily (The Fiscal Times). Many are inadequately prepared, emotionally as well as financially. In *What to Do to Retire Successfully*, Goldstein lays out a step-by-step approach to achieving a successful and content retirement. Dr. Goldstein taps into his financial and psychiatry background as he explores the potential pitfalls of life after career's end, while providing helpful, proven solutions for a feasible and effective adjustment into retirement. He also analyzes how diverse personality types cope with retirement and suggests necessary modifications, as well as probing the unique problems of those forced into early retirement. In the financial realm, Dr. Goldstein offers specific formulas for continuance of comparable standard of living, steps for saving and investing, as well as tips for handling retirement resources. The lifestyle sections explore creating a dynamic plan for retirement living, the importance of setting up routines, keeping your mind engaged, daily exercise and making the necessary preparations needed to facilitate a successful transition into retirement living. *What to Do to Retire Successfully* is an enlightening blend of actual retirement scenarios, intermingled with healthy, practical advice from a respected neuropsychiatrist, who is a fellow retiree, with a wonderfully optimistic glass half full philosophy towards living a fulfilling retirement life.