



The Retirement Maze: What You Should Know Before and After You Retire

Rob Pascale, Louis H. Primavera, Rip Roach

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Millions of baby boomers are just beginning to retire, and in doing so many are likely to run into adjustment problems, such as loss of identity, deterioration of marriage and social life, and feelings of disconnectedness to the world. Studies have found that as many as 40% of retirees have difficulty adjusting, and even those who claim to enjoy retirement may experience some uneasiness as they adapt to a life lacking in structure and direction.

This book investigates the struggles faced by retirees in building a new life outside of the workforce. It provides an honest assessment of retirement, based on the not-always-acknowledged fact that it is a difficult transition with pitfalls and obstacles to be overcome.

But along with uncovering problems, the authors also propose solutions to enable both current and future retirees to be better prepared, allowing them to avoid being blind-sided by unexpected situations. By reading about the experiences of their peers, current and future retirees will come to understand that others share their difficulties adjusting, and that tactics are available to improve their comfort level in retirement as well as their overall well-being. Retirees and those planning for retirement will find in these pages what they need to make retirement successful and enjoyable.

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