

## Readings to Help You Prepare for the Retirement Lifecchange

### Information on Dr. Nancy Schlossberg's research

Website at <http://www.transitionsthroughlife.com/>

Books by Dr. Nancy Schlossberg available in Paperback and Kindle editions; and through the University Library I-Share Catalog

Revitalizing Retirement: Reshaping your Identity, Relationships and Purpose (2009)

Retire Smart, Retire Happy: Finding Your True Path in Life (2003)

### Various web articles related to Preparing for Retirement

<https://aboutlife.com/blog/Retirement/12-Tips-To-Get-Mentally-Ready-To-Retire>

<http://www.usatoday.com/story/money/columnist/brooks/2013/06/17/retire-psychological-family-stress/2424623/>

<http://www.transitionsthroughlife.com/wp-content/uploads/2009/09/Redefining-Retirement.pdf>

<http://zestnow.com/plan-ahead-for-a-joyful-retirement/>

<http://zestnow.com/why-retire/>

<http://www.transitionsthroughlife.com/wp-content/uploads/2009/09/Retiring-Tune-up-your-%E2%80%98psychological-portfolio%E2%80%99-MarketWatch.pdf>