



# Active Retirement Affluent<sup>for</sup> Workaholics

Planning for the Life  
You've Always Wanted



Peter Silton



# Active Retirement For Affluent Workaholics Planning For The Life Youve Always Wanted

**Lucy Lamont**



## **Active Retirement For Affluent Workaholics Planning For The Life Youve Always Wanted:**

Active Retirement for Affluent Workaholics Peter Siltan, 2001-09 Turning Retirement into a Wonderful New Life The hot seller by Dorothy Cantor asked the question What Do You Want to Do When You Grow Up this book gives the answers A second chance at life Preparation for inevitable change Choices based on true pleasure Artistic pursuits Spirituality Travel and adventure Mentoring and volunteering Hobbies and collecting Physical fitness and sports Financial and legal concerns Estate planning Resources for active retirement And much more Juicy Living, Juicy Aging Loretta LaRoche, 2009-08-01 Loretta LaRoche has delighted readers audiences and PBS television viewers with her wacky and wise insights about life love and the insanity of the modern world In her most deeply personal book Loretta addresses the most exciting challenge that we all face one that she now finds herself facing every day How do we age well And can humor dignity honesty wisdom and other virtues ease the path Our society is youth obsessed Beauty products special exercises designer vitamins plastic surgery and certain medications are promoted as the ways to enhance life While these formulas may have some merit they re not enough to prepare us to have a rich authentic life filled with passion and juiciness Why do we wait until we re almost dead before we focus on how to age well Every school system in the country should be preparing us for the inevitable process of aging and how to do it well Our parents our schools and the media should all be teaching us that aging is a process that begins at birth not something to be feared and avoided Those who continue to be hardy and live long and healthy lives understand that the real path to vitality requires connection playfulness flexibility grace tenacity resiliency curiosity learning and good humor With her trademark humor and practical wisdom Loretta tackles how to live a long healthy juicy life using herself and many of her friends and mentors as metaphors Filled with practical advice lifestyle skills wisdom and spirituality **Kick Up Your Heels** is a mental health spa that will inspire you and your family to live with joy harmony and peace while you still have the time **Finding Your J Spot: Joy in midlife and beyond** Peter Brill, MD and David Debin, **Kick Up Your Heels... Before You're Too Short to Wear Them** Loretta LaRoche, 2008-09-01 For the last 20 years Loretta LaRoche has been delighting readers audiences and PBS television viewers with her wacky and wise insights about life love and the insanity of the modern world Now in her most deeply personal book yet Loretta addresses the most exciting challenge that we all face one that she now finds herself facing every day How do we age well And can humor dignity honesty wisdom and other virtues ease the path Our society is youth obsessed Beauty products special exercises designer vitamins plastic surgery and certain medications are promoted as the ways to enhance life While these formulas may have some merit they re not enough to prepare us to have a rich authentic life filled with passion and juiciness Why do we wait until we re almost dead before we focus on how to age well Every school system in the country should be preparing us for the inevitable process of aging and how to do it well Our parents our schools and the media should all be teaching us that aging is a process that begins at birth not something to be feared and avoided Those who continue to be hardy and live long and healthy lives understand that the

real path to vitality requires connection playfulness flexibility grace tenacity resiliency curiosity learning and good humor With her trademark humor and practical wisdom Loretta tackles how to live a long healthy juicy life using herself and many of her friends and mentors as metaphors Filled with practical advice lifestyle skills wisdom and spirituality Kick Up Your Heels is a mental health spa that will inspire you and your family to live with joy harmony and peace while you still have the time

**Banking Strategies**, 2003 *You're in Control* Andrew J. Paladino, Craig J. Watkins, James V. Hartwell, John Cindia, Earl Schultz, William J. LaCasse, Christopher Tanke, Levi B. Edgecombe, Donald W. Coplin, Jim Yent, Teresa Yent, Drew Kellerman, Greg Zott, Barry Waronker, David Swanson, 2017-03-06 From the Financial Thought Leaders Series You're in Control shares educational and informative insights about how conventional wisdom may be holding you back from achieving the retirement you've always wanted for yourself The contributing authors are not media figures or financial journalists they are active financial professionals who maintain independent financial planning practices throughout the United States As a collaborative effort this book shares with readers the real life obstacles the authors have helped their clients to overcome From taxes and investing to insurance and Social Security this book provides the foundation to help you gain more control over your finances and retire with a greater level of confidence

**Don't Panic!! You Can Still Retire** Peter Sifton, 2003-10 TODAY The average retirement age is 58 the average life expectancy is 78 What do YOU have planned for the 20 years in between Now that you've lost a good portion of your retirement money in the market Finally someone has come along with a tool that will help ease the transition from work to retirement with successfully tested ideas From lifestyle to new interests from traveling to spirituality from volunteering to new careers and from financial planning gifting and inheritance to spousal relationships through retirement Peter Sifton's book focuses on vital aspects of mapping your retirement life With a combination soulful and playful style this down to Earth workbook will assist you in prioritizing and developing a strategy to fulfill your retirement goals and set your financial life in order Above all and regardless of your age Don't Panic You Can Still Retire humorously brings a fresh perspective the beginning of a renaissance in your life Using his own highly accomplished life after work as a map Sifton guides the reader onto a post work life path that is as active and fulfilling as any reader's pre retirement work life could possibly have been What could be better

**Shaping Your Life After Retirement: Find Your Purpose, Then Fund It** Ezekiel Casaus, 2021-05-18 Retirement isn't as scary as you might think You'll find yourself with more free time to spend with the family and to do what you want when you want A happy retirement is possible for anyone even workaholics Whether you're retiring early or have worked way longer than you imagined retirement can be what you want it to be For some that's winding down and relaxing for others it's being busier and doing more than you've ever done Learn some ways you can approach retirement Make it an enjoyable adventure spent doing the things you love exploring the places you always dreamed of and keeping your calendar topped up Presenting 99 fresh ideas to keep you active and engaged This book is more than just a list of things to do Written by a financial advisor who has worked with retirees for

more than sixteen years this guide helps you see your continued value and recognize the importance of living this new phase well Organized into different categories from physical to intellectual to spiritual this book offers creative suggestions beyond the typical exercise travel and hobbies though it does touch on these tips as well Discover how volunteering can energize you or a part time job can give you a renewed sense of purpose Find ways to spend more quality time with friends and family While there is no one size fits all approach to retirement this richly varied list gives you a place to start and inspires you to consider what it means for you to continue pursuing an ever expanding joy filled life every day

**Retirement Reimagined**  
Lora Andreatta, 2025-05-19 Retirement Reimagined 1000 Fun Activities and Insights for Life's Next Adventure is an inspirational and practical guide that empowers readers to view retirement not as an ending but as the beginning of a new and fulfilling chapter Written by personal development trainer and publishing entrepreneur Lora Andreatta this book offers a refreshing perspective on the possibilities that await in the silver years Combining motivational insight with actionable ideas Retirement Reimagined invites readers to explore new hobbies travel opportunities learning adventures wellness practices and community engagement Whether you're just entering retirement or are already settled into it this resource provides diverse options to create a life rich in meaning joy and personal growth Organized into thematic chapters the book includes Tools to rediscover passions and clarify your personal vision for retirement Step by step ideas for exploring arts music writing and hands on creative pursuits Tips for volunteering mentoring and connecting with your community Wellness strategies including mindfulness movement and nutrition practices suitable for a wide range of physical abilities Suggestions for travel language learning and lifelong education Real life stories from retirees who have embraced bold changes and fulfilling new paths Designed as both a resource and an inspiration guide Retirement Reimagined balances encouragement with practicality Each chapter includes thoughtful reflections and activities that promote a mindset of curiosity and continued growth This book is ideal for individuals approaching or experiencing retirement who want to remain active engaged and purposeful It is also suitable for professionals in retirement planning life coaching and adult education who seek a positive and accessible resource to recommend to clients and students With over 1 000 ideas and insights this guide offers retirees a roadmap to joyfully navigate this exciting stage of life

The Joy of Retirement David C. BORCHARD, Patricia A. DONOHOE, 2008-05-07 Life after work no longer conjures up images of couples wandering the malls playing golf and taking endless Caribbean cruises As baby boomers reach their 50s and 60s they are redefining what it means to retire Many of them are still choosing to work or create a whole new life entirely What they crave is vitality joy and meaning in their lives Author David Borchard has been helping adults rejuvenate their careers and lives for 30 years In The Joy of Retirement he shows readers how to reinvent themselves and achieve the kind of fulfillment and meaning in their lives they have always dreamed of Now readers can start crafting their future and discovering their passions with advice on topics such as finding new interests that make the most of their unique talents planning their lifestyle at 50 assessing what transitions they are ready

and willing to make defining priorities and goals establishing their criteria for success mastering the seven steps to maintaining vitality Revealing and hopeful this book will reshape how people look at the next phase of their lives *Beyond Work* Bill Roiter, 2010-02-18 Silences the worry financially successful people have over retirement while offering them exciting new ways to think about and plan for a life after work Moving beyond the world of work can be an anxious fearful time for accomplished professionals fraught with uncertainty and indecision Do I have enough money to live the life I want Will I be healthy and able to manage any health problems that arise so that I can live the life I want Will I be lonely What kind of life do I want to live These are the pressing questions they ask themselves and seek answers for Yet most books on retirement focus mainly on the financial aspects of life after work offering little of value to those who are financially secure *Beyond Work* was written for accomplished people who feel financially secure enough to retire but who are at a loss when it comes to planning their futures It gives them the tools to think about all the other important aspects of retirement so they can make a successful transition to and find meaning and satisfaction in retirement Explores the four challenges that must be met in order to have a fulfilling retirement financial physical social and personal Packed with inspiring and instructive real life retirement stories and practical tools that assist readers in making the transition to life after work **How Do I Get There from Here?** George H. Schofield, 2017 Challenge the way you think about retirement Not long ago everyone knew what the word retirement meant The expectation was that you worked until age 65 and then coasted through your golden years courtesy of a comfortable nest egg Today when living to 90 is common when savings are slim when people work longer and change jobs frequently clinging to an outdated concept of retirement gets you nowhere The changes ahead require an incremental approach to planning and you better begin now The new *After 50 Lifestyle* calls for more than money it demands conscious engagement diverse interests and the ability to adapt *How Do I Get There from Here* helps you plot your direction for the coming decades The first step is to acknowledge where you are reviewing your assets both the tangible e g finances health relationships and intangible e g unfulfilled ambitions and new intentions Then self reflective questions and exercises walk you through imagining your future identifying skills you ll need and preparing for inevitable twists and turns along the way A retirement of nonstop leisure is not just unreachable but for most undesirable *How Do I Get There from Here* guides you toward a dynamic future designed just for you **We're Not in Kansas Anymore** Walter L. Updegrave, 2004 Whether you are thirty years from retirement or it s just around the corner here is the only book you ll need about how to get it together and plan a safe secure and prosperous retirement We all know the scene Dorothy is transported from the flat terrain of Kansas to the bizarre land of Oz Her cry Toto I don t think we re in Kansas anymore may be the best line to describe how people feel about the retirement landscape It s one teeming with challenges from the impact of corporate downsizing on individuals to battered 401 k s precarious Social Security and cuts in pensions and health care benefits for retirees Many people are intimidated and delay thinking about retirement That s a mistake *We re Not in Kansas Anymore* is the only guide

you need to learn how to deal with the Oz like reality that is retirement planning today Walter Updegrave shows how to cut through the clutter assess your finances and become your own personal pension manager Get real about retirement Neither your employer nor the government will adequately feather your retirement nest You re on your own Only you can take action and responsibility for your life after work Walter Updegrave shows how to start now Develop a simple direct empowering retirement plan Cut through the alphanumeric soup of 401 k s IRAs Keoghs and SEPs get a grip and execute a personal plan that makes sense given your circumstances Create a realistic investing strategy and get the most out of your 401 k and other retirement accounts Ensure that your money lasts a lifetime The Tin Man wanted to experience life with passion and emotion Likewise you ll improve your chances of creating the kind of retirement you want if you bring some passion and emotion into your retirement plan and then save enough to make it a reality The Scarecrow thought his life would be better if he only had a brain It was the Scarecrow however who came up with the best ideas to get Dorothy out of her jams Similarly Updegrave shows that any reasonably intelligent person can execute a successful retirement plan and like the Cowardly Lion show some courage by having the discipline willpower and conviction to follow it through We re Not in Kansas Anymore is the best most thorough and most empowering retirement guide in print today Don t leave Kansas or anywhere else for that matter without it

**Congratulations, You Have Been Promoted to CEO!** Terry Mulhern, 2021-01-12 I have been in the retirement planning business for over 10 years and have read way too many niche books If there was only one book I would recommend to every client it would be Retirement Congratulations You Have Been Promoted to CEO by Terry S Mulhern It is the only book that deals with every aspect of retirement including physical health mental health financial health and legacy planning Justin Carras CRPS CRPC When most people think about retirement they see it as not working anymore In reality it means that you are then in charge of managing every single aspect of your retirement and in many cases that of your spouse For most people that is quite an overwhelming task but one that simply cannot be ignored This book is the roadmap for every single person planning to retire and is the key to unlocking a happy healthy and prosperous future Carter Garnon MBA FSCP CLTC The Garnon Agency Terry when helping my clients plan for retirement I have always cared just as much about their physical and mental health as their financial health I am glad to see someone care as much as I do Your book Congratulations You Have Been Promoted to CEO is easy to read through and provides essential information when preparing for retirement I would recommend your book as required reading to ensure my clients have the primary knowledge needed to plan appropriately Having the workbook for them to work on each chapter to actually make a change is powerful Lillian Realph CRC Certified Retirement Counselor Every day I work with clients across the financial spectrum from millionaires to those just getting by day to day I am surprised that regardless of financials they think about money first when thinking about retirement Every one of my clients could use the knowledge in your book to take a more holistic view of retirement that includes more than money I will be giving a copy to every current and future client Thank you Terry Mike Davis Investment

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**My Retirement Formulas** Parag Nesarikar,2021-04-26 What do you think When you hear the word Retirement Do you see yourself spending weeks at a time with your grandchildren Do you see fulfilling your Wishlist or Bucket list or Do you see Traveling to remote vacation spots you have always wanted to visit Those dreams simply do not line up with the reality for many working Indians Rather than packing their bags for a month long escape many retirees will be packing their lunch for an eight hour shift And it is not because they want to it is because they are broke They are not financially free In My Retirement Formulas Parag explains that retirement is not an age it is a financial number an amount you need to live the life in retirement that you have always dreamed of Whether you are twenty five or fifty five you can start now Parag will prepare you to follow these Golden Rules to make your own investing decisions You don t have to retire broke stressed or work long hours You can retire happily with a smile on your face Or worse yet like most retirees maybe you are fearful of dying broke Fear frustration and anxiety over retirement planning are all normal emotions but they do not have to be In this book author explains how you can turn these retirement crushing pitfalls into massive money goldmines If you implement the Rules strategies described you ll get 100X the cost of this book in value at a minimum So roll up your sleeves and get ready to live the memorable and purposeful retirement you have always dreamed of

Golden Years Together Lucy Lamont,2025-02-04 Golden Years Together A Practical Guide to Thriving Through Retirement Master Your Retirement in 13 Easy To Read Chapters Retirement is one of life s most transformative journeys a time to rediscover yourself redefine your relationship and embrace new beginnings But it also comes with unique challenges especially when partners retire at different times or face unexpected changes together In Golden Years Together you ll find 13 thoughtfully crafted chapters filled with expert advice real life strategies and actionable tips to help you and your partner prepare for every aspect of



retirement From managing the emotional and practical challenges of staggered retirements to reigniting the spark in your relationship this book is your comprehensive roadmap to thriving in your golden years Discover how to Navigate the emotional shifts that come with retirement Balance roles and responsibilities at home with ease Rekindle romance and strengthen your partnership Reinvent your identity beyond your career Build meaningful connections with family and your community Embrace new adventures hobbies and travel opportunities Plan for financial security and independence Whether you re planning your retirement or already living it Golden Years Together offers the guidance tools and inspiration to turn this new chapter into the most fulfilling one yet **Creating a Happy Retirement** Dr Ronald W. Richardson, Lois A.

Richardson, 2013-05-10 Our life can be viewed as three stages In the first we are told what to do and when to do it by our parents and teachers In the second our employers give us directions usually with set working hours In the third stage when we retire what we do with our time and lives is something we must decide The transition into retirement with seemingly endless options can be challenging Most books on retirement concentrate on the financial aspects of retirement This book does not This is a workbook crafted to help you plan your own life after work both long term and day to day It does not tell you what to do it provides you with the tools to create your own action plan The book leads you and your partner through a series of exercises designed to help you understand and focus on what is important to you and make the decisions which will help give your retirement years a structure The book includes access to a kit of forms and exercises a workbook for planning your retirement **The Plan** Penny Harvey J.D., 2017-11-14 Your essential 8 step guide to the new retirement

Begin your journey towards the life you ve always wanted create your lifestyle wealth and health plans and let the adventure begin Originally published as CATCH THE TIDE Plan Now for Your Ultimate Retirement This 2nd edition is revised expanded and updated *Finding a Sense of Purpose in Retirement: Surprising Ways Retirement Will Change Your Life* Eldon

Rossnagel, 2021-05-18 Retirement isn t as scary as you might think You ll find yourself with more free time to spend with the family and to do what you want when you want A happy retirement is possible for anyone even workaholics Whether you re retiring early or have worked way longer than you imagined retirement can be what you want it to be For some that s winding down and relaxing for others it s being busier and doing more than you ve ever done Learn some ways you can approach retirement Make it an enjoyable adventure spent doing the things you love exploring the places you always dreamed of and keeping your calendar topped up Presenting 99 fresh ideas to keep you active and engaged This book is more than just a list of things to do Written by a financial advisor who has worked with retirees for more than sixteen years this guide helps you see your continued value and recognize the importance of living this new phase well Organized into different categories from physical to intellectual to spiritual this book offers creative suggestions beyond the typical exercise travel and hobbies though it does touch on these tips as well Discover how volunteering can energize you or a part time job can give you a renewed sense of purpose Find ways to spend more quality time with friends and family While there is no one size

fits all approach to retirement this richly varied list gives you a place to start and inspires you to consider what it means for you to continue pursuing an ever expanding joy filled life every day      Catch the Tide Penny Harvey, 2013-07-12 This may be the only retirement book you will ever need Create your life money and health plans now and catch the tide to the life you have always wanted When to retire Where to What on earth will I do for 25 years What s my Number the money I need to retire And how do I reach it What can I do now to defy age live longer and stay active If you re asking yourself these questions this book will help you find the answers whether you re in mid career and need to kick start your savings late in your career and panicking or already retired looking for new direction

## Decoding **Active Retirement For Affluent Workaholics Planning For The Life Youve Always Wanted**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Active Retirement For Affluent Workaholics Planning For The Life Youve Always Wanted**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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