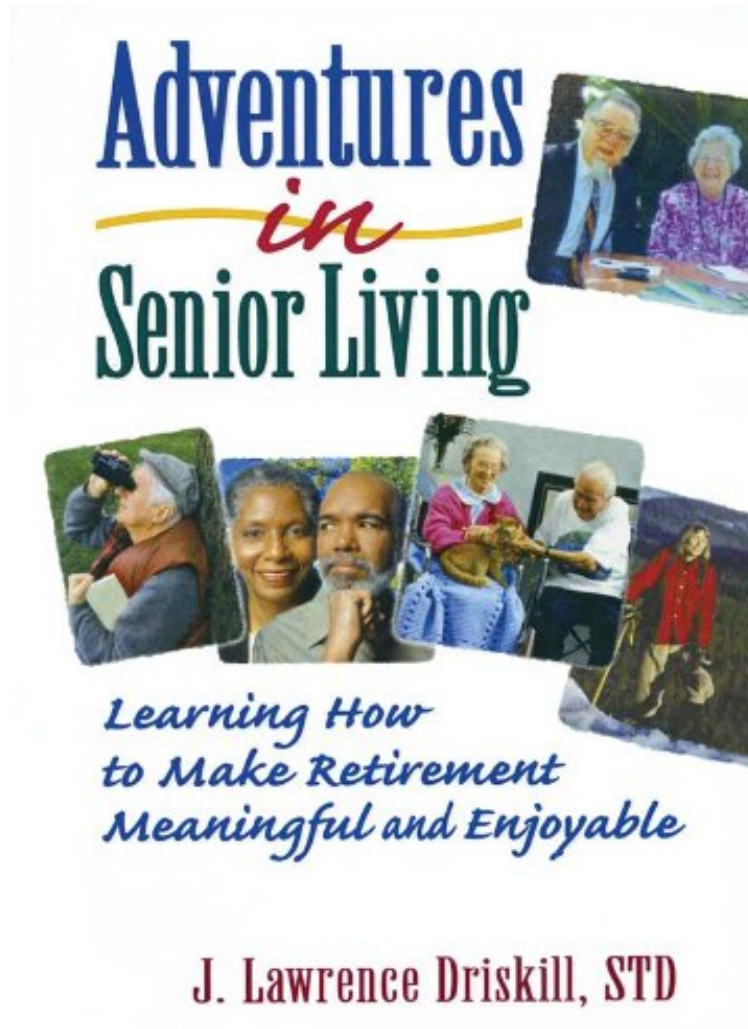


(Download) Adventures in Senior Living: Learning How to Make Retirement Meaningful and Enjoyable

Adventures in Senior Living: Learning How to Make Retirement Meaningful and Enjoyable

Harold G Koenig, J Lawrence Driskill
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Harold G Koenig, J Lawrence Driskill : Adventures in Senior Living: Learning How to Make Retirement Meaningful and Enjoyable before purchasing it in order to gauge whether or not it would be worth my time, and all praised Adventures in Senior Living: Learning How to Make Retirement Meaningful and Enjoyable:

4 of 10 people found the following review helpful. Great resource
By A Customer
If you enjoyed and found this book interesting and useful, you might like "The Healing Journey Through Retirement" by Phil Rich, Dorothy Sampson, and Dale Fetherling. It deals with similar issues of life style, relationships, and meaning after retirement and uses a journal writing approach to the subject.

If retirement is approaching or you've recently retired, *Adventures in Senior Living* can help you prepare for the opportunities, needs, problems, and challenges that retirement often brings. Through 31 lively and interesting interviews, you learn how other people have found positive and rewarding ways to make their retirement years meaningful and enjoyable. Opening windows into their own lives, these inspiring retirees share with you a wide range of retirement ideas that pertain to volunteer work, travel, selecting your living arrangements, and getting involved in your community. Retirement doesn't have to bring feelings of boredom or restlessness. *Adventures in Senior Living* shows you that your retirement years can be your most fulfilling, productive, and fun years. You'll have more time to work in that garden you love, make quilts with your friends, spend time with your loved ones, and get exercise. But, possibly even more important than that, you'll have the ability to participate in your community on an entirely new level and to make a difference in other people's lives as well as your own. The life-loving, generous people who come together in this wonderful book are sure to inspire you as they speak about their accomplishments that include: recording books on tape for blind people conducting missionary work at home and abroad brightening the lives of patients in nursing homes and hospitals teaching Sunday school caring for a spouse with Alzheimer's delivering meals on wheels to shut-in people establishing a battered women's shelter rescuing prostitutes from the street This book presents retirees, teachers of courses in aging and retirement, activity directors at retirement and nursing homes, family members, and health and mental health care providers with many stories of extraordinary volunteerism, service, and kindness, but it also talks about the needs of retirees and their daily, more personal experiences. To this end, *Adventures in Senior Living* discusses the importance of continuing study, discussion, meditation, prayer, and fitness in the lives of seniors.