



The Psychology of Retirement: How to Cope Successfully with a Major Life Transition (Everyday Psychology)

The Everyday Psychologist

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THE PSYCHOLOGY OF RETIREMENT describes how retirees can cope successfully with "retirement stress." Retirees will learn how to self-assess and lower their retirement stress levels. Retirees will also learn how to avoid the psychological pitfalls that almost always lead to an unhappy retirement. Finally, this self-help book examines how retirement stress can adversely impact an entire family. This is one of the few self-help resources that focuses exclusively on the psychology of retirement. (Note: This Premier Edition includes the self-scoring "Retirement Stress Inventory.")

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