“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.”
Mark Twain.

[NOTE: Descriptions taken from bookseller websites to describe the book’s features.]


Reminiscent of Oliver Sacks, noted Harvard-trained geriatrician Louise Aronson uses stories from her quarter century of caring for patients, and draws from history, science, literature, popular culture, and her own life to weave a vision of old age that’s neither nightmare nor utopian fantasy--a vision full of joy, wonder, frustration, outrage, and hope about aging, medicine, and humanity itself. Like Atul Gawande’s *Being Mortal.*


Bridges offers you a straightforward, easy-to-grasp, and structured way to think about money, learn how it works, understand the priorities for your stage in life, determine your objectives, and develop a personal plan most likely to achieve them. He shares his self-education about the confusing business of investing and retirement planning, writing "In schooling myself, I adopted the mindset that I had used as a social scientist. I distinguished between fact and opinion and scrutinized the evidence behind every author's claims."


Wondering what you will do with all the free time you’ll have once you retire? You are not alone!

Adventures in Retirement: A Humorous Journey into the Unknown World of Excess Time, Limited Responsibilities and an Uncertain Future focuses on the author’s efforts, over the course of one year, to prepare for retirement by reconnecting with the hobbies and interests of his youth, while also finding innovative ways to express his creativity and connect with people.

Kaufman, T. & Hiland, B. (2021) *Retiring? Your next chapter is about much more than money*. Houndstooth Press

Retiring? takes a profound look at twenty-first-century retirement, helping you plan all the nonfinancial aspects of what comes next.


Pfau, W.
- *Retirement planning guidebook: Navigating the important decisions of retirement success* (2021)

In preparation for retirement, we are often urged to build up our financial portfolio or perhaps down-size our home or move closer to family. Often neglected in this process, however, are the psychological ramifications that come with the transition into retirement. It is important for retirees to make a plan for their retirement financially, but also to take stock of their psychological portfolio at the same time. This means taking an honest look at how your sense of identity will change with retirement, how your relationships and support systems may change, and how your sense of purpose will be affected. *Revitalizing Retirement* gives unique guidance on how to create a happy, fulfilling retirement. The author encourages readers to reshape their identity, relationships, and purpose. She discusses several coping skills that deal with accepting change and help retirees continue to feel that they are vital members of their community and that they matter. Each chapter contains stories from actual retirees that demonstrate the numerous ways of pursuing an enjoyable retirement. There are short quizzes and discussion questions at the end of each chapter so that readers can reflect on what they have read and see exactly how it relates to their own lives. This book is a must-read for anyone considering retirement in the near future as well as current retirees who may be struggling to find happiness in their daily lives.


"This book is packed with wise advice for anyone staring down the barrel of retirement. I agree wholeheartedly with Hyrum Smith: you may be retired, but you can still live with meaning, purpose and energy."

--Marshall Goldsmith, executive coach, business educator and New York Times-bestselling author, ranked the number one leadership thinker in the world by Thinkers50.


Find simple strategies to maximize your retirement nest eggSteer clear of scams that rob you of your hard-earned savingsEnsure that your money lasts longer than you doAvoid the common mistakes that can leave your spouse impoverishedDiscover financial lifelines no matter how desperate the economy“If you want a handy guide that provides information in small chunks, Solin's book is it.


A fun filled purposeful guide to help you appreciate and learn what to expect when you are retired. Enhance your life-long achievements with practical insights found on each page. You will not only learn to better enjoy a fulfilling retirement, but each daily entry offers some wisdom, witticisms and words of encouragement that retirees come to appreciate.


"You’d be silly to start a building project without a blueprint. But it’s even crazier to approach retirement without a plan. Repurposed offers the kind of practical ideas that can transform your golden years into something absolutely priceless." Dave Ramsey, Best-Selling Author and Nationally Syndicated Radio Show Host


In short, the retirement wisdom in this book will prove to be much more important than how much money you have saved. "How To Retire Happy Wild, and Free" helps readers create an active, satisfying, and happy retirement in a way such that they don’t need a million dollars to retire.
UMD RESOURCES on RETIREMENT

Office of Faculty Affairs:
https://www.faculty.umd.edu/main/appointments/faculty-retirement-information

UMD Retirement Campus Privileges
https://uhr.umd.edu/benefits/retirement-benefits/retiree-campus-privileges/

University Human Resources
https://uhr.umd.edu/benefits/retirees/

RESOURCES on RELATIONSHIPS
