

Amarillo Globe-News
On the Bookshelf
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**"LOOKING FORWARD: AN OPTIMIST'S GUIDE TO
RETIREMENT" BY ELLEN FREUDENHEIM
(STEWART TABORI & CHANG, \$15.95)**

This book introduces baby boomers with their next stage of life, dubbed "The Retirement Zone." Based on 200 interviews, it reveals how to make post-work life successful. Retirement is being redefined today.

Healthy individuals may be retired for as long as 30 years or more. Early retirees often blossom into artists, political activists, professors and more.

Second careers, travel, a second trip to college are only a few options.

The book offers quizzes, practical tips and resources for starting genealogy research, volunteer options and travel tips.