

Starred review

Library Journal January 2005:

*FREUDENHEIM, ELLEN. Looking Forward: An Optimist's Guide to Retirement. Stewart, Tabori & Chang. Jan. 2005. ISBN 1-58479-342-2. pap. \$15.95. self-help

In this upbeat handbook, Freudenheim, a public relations specialist and writer, redefines retirement, offering a panorama of ideas and activities through which older Americans can find fulfillment, enjoyment, and meaning, whether or not they are employed. These go beyond general suggestions to explore travel, volunteer work, and new love-Freudenheim shows readers how to determine which path is best for them, drawing on health research and 200 interviews with relevant specialists. Quizzes laced throughout encourage introspection and facilitate personal planning; lists of organizations and URLs round out the text. **While there are many books on retirement, this one ranks among the best and will appeal to pre-retirement baby boomers as well as retired seniors. Recommended for all public libraries.**