

Positive Aging -- December issue

***** BOOK AND WEB RESOURCES *****

- * LOOKING FORWARD: AN OPTIMIST'S GUIDE TO RETIREMENT
by Ellen Freudenheim.
New York: Stewart Tabori & Chang, 2004, \$15.95.
www.abramsbooks.com**

This is a very reader friendly book that invites you to play and ponder the future; it invites one to envision a beautiful, optimistic life in the "Retirement Zone." Author Ellen Freudenheim resists the notion of "retirement" as a period of life symbolized by the rocker on the porch; in her view it is the antithesis of a boring existence.

The book is divided into four major sections: Exploration, Investing, Anchor Activities, and Managing Practical Matters. The outcome of all of this is a "complex patchwork quilt of different stages and activities, including family time; work; laughter; volunteering; smelling the roses; exploring; travel; love, sex (maybe); rock-n-roll; creative adventures; and spiritual moments." It is a time of life to explore and satisfy in a manner that never before was available because of all the social pressures to achieve and be a "good person". Now it is up to you. The book includes personal inventories, little-known facts about the Baby Boomers, who are set to change the nation's views on what it means to reach the "zone," references to other resources (including this newsletter), suggestions for fulfilling one's desires, and rationales for enjoying life to the fullest.

We highly recommend it.