

## Recommended Reading *December 20, 2004*

Many books can help with finances in retirement and how to spend your money. By contrast, if you're interested in reading about how to spend your time in later life, consider these recommendations from Ron Manheimer, executive director of the North Carolina Center for Creative Retirement at the University of North Carolina in Asheville. His comments follow each pick.

--Glenn Ruffenach

- **"Retire and Thrive"**

- *By Robert K. Otterbourg*

"Gives us a look at what ordinary, yet remarkable, people are doing to recharge and reinvent themselves in life's second half."

- **"Breaking the Watch: The Meanings of Retirement in America"**

- *By Joel S. Savishinsky*

"A multiyear study of folks living in upstate New York, pre- and post-retirement, that reveals the 'inner world' of the retiree."

- **"From Age-ing to Sage-ing: A Profound New Vision of Growing Older"**

- *By Rabbi Zalman Schachter-Shalomi and Ronald S. Miller*

"Reminds us there's more to life than preoccupations with climbing the career ladder and acquiring fancy toys. Want to become a spiritual elder? Here's how."

- **"Looking Forward: An Optimist's Guide to Retirement"**

- *By Ellen Freudenheim*

"Sex, spirituality, money, extended careers, volunteering—they're all here, plus great lists of books, Web sites and resources."

- **"The Creative Age: Awakening Human Potential in the Second Half of Life"**

- *By Gene D. Cohen*

"Shows us there's something of the creative older artist and scientist in everyone."

- **"Successful Aging"**

- *By John W. Rowe and Robert L. Kahn*

"Explains how it's never too late to improve our mental and physical health through changes in behavior, lifestyle and environment."

- **"Crossing to Safety"**

- *By Wallace Earle Stegner*

"This novel takes us through 40 years of the intertwined lives of two couples and reflects the loyalty, vulnerability, conflict, kindness and love that can only be understood by looking back."