

## The joy of retirement: finding happiness, freedom, and the life you've always wanted

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### Abstrak

Life after work no longer conjures up images of older couples stalking the malls, playing golf, and taking endless Caribbean cruises. As baby boomers reach their 50s and 60s, they are redefining what it means to retire. Many of them are still choosing to work or even create a whole new life entirely. What they crave is vitality, joy and meaning in their lives. Author David Borchard has been helping adults rejuvenate their careers and lives for 30 years. In "The Joy of Retirement", he shows readers over 50 how to reinvent themselves and achieve the kind of fulfillment and meaning in their lives they have always dreamed of. Now, readers can start crafting their new future and discovering their passions. Revealing and hopeful, this is a book that will reshape how we look at the second phase of our lives.