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Spiritual Wisdom for Successful Retirement: Living Forward

James W Ellor, C.W. Brister

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A discerning guide through the ups and downs of retirement

The number of people age 65 and older worldwide has more than tripled to nearly half a billion over the last 50 years. Spiritual Wisdom for Successful Retirement is an inspirational guide through the journey that begins in life's "third stage," when employment is left behind and uncertainty lies ahead. This encouraging and uplifting book travels beyond the financial and emotional considerations of retirement planning to address the real-life issues retirees face, including the loss of identity after leaving the workplace, managing the clock, calendar, and commitments, how to deal with the blues and the "blahs," facing the reality of death, adn keeping life in balance.

Spiritual Wisdom for Successful Retirement anticipates the changing events and transitions of retirement, focusing on the need to adapt to this "work in progress." Retirees struggle with real and symbolic losses as they redefine their identities, face uncertain financial futures, adapt to altered living arrangements, and become more aware of their physical limitations. The disappointments, adversity, and suffering retirees face can throw them into spiritual chaos. This powerful book presents real-life stories of people striving to remain engaged in life, open to possibilities, and experiencing intimations of eternity—here and now.

Spiritual Wisdom for Successful Retirement examines:

- the need for a worldview that helps you take major life transitions in stride
- specific steps into retirement
- how to manage your time when "every day is Saturday"
- how to identify indicators of depression
- how caregivers can attend the needs of retirees
- how to get help when life "caves in" on you
- how to live with purpose and courage
- the significance of family ties
- the power of relationships, connections, and friendships
- the dynamics of hope
- and much more!

Spiritual Wisdom for Successful Retirement is essential for anyone living in, or facing, retirement, and for family members of retirees, members of the American Association of Retired Persons (AARP), and for lay and professional caregivers. It's also a helpful resource for academics working in gerontology or theology.

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Joseph Vargas:

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