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Conscious Living, Conscious Aging: Embrace & Savor Your Next Chapter

Ron Pevny

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We financially plan for our retirement, but do we plan for our wellbeing? Here is an empowering guide with practical tools to help you live a passionate, fulfilling second half of life.

If you're part of the Baby Boomer generation, then you belong to 26 percent of the US population that is retiring healthier than any generation before. And that means retirement is starting to look a whole lot different.

No longer satisfied with a quiet life of sitting on the porch or puttering around the house, retirees (or soon to be) are looking to create a passionate, active, fulfilled, and engaging later life. That's where Ron Pevny comes in. His inspiring guide helps you do what he calls "conscious aging"—or making a reality the life of growth, purpose, service, and spiritual exploration you've always imagined for yourself. In addition to wisdom for navigating loss and grief, Pevny offers advice that helps you identify your goals, contribute to society, remain engaged and relevant, and spend your later years in profound personal development.

Today's seniors are reshaping what retirement is all about. It is a whole new opportunity to engage with family, community, and the world with vigor. Don't just grow older—age consciously.

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