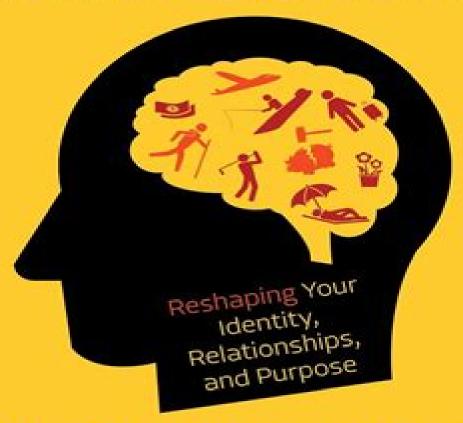
Revitalizing Retirement



NANCY K. SCHLOSSBERG, EdD



Revitalizing Retirement Reshaping Your Identity Relationships And Purpose

Nancy K. Schlossberg

Revitalizing Retirement Reshaping Your Identity Relationships And Purpose:

Revitalizing Retirement Nancy K. Schlossberg, 2015-06-04 In preparation for retirement we are often urged to build up our financial portfolio or perhaps down size our home or move closer to family Often neglected in this process however are the psychological ramifications that come with the transition into retirement It is important for retirees to make a plan for their retirement financially but also to take stock of their psychological portfolio at the same time This means taking an honest look at how your sense of identity will change with retirement how your relationships and support systems may change and how your sense of purpose will be affected Revitalizing Retirement gives unique guidance on how to create a happy fulfilling retirement Nancy K Schlossberg a counseling psychologist and author of Retire Smart Retire Happy describes the secret to a happy retirement She encourages readers to reshape their identity relationships and purpose She discusses several coping skills that deal with accepting change and help retirees continue to feel that they are vital members of their community and that they matter Each chapter contains stories from actual retirees that demonstrate the numerous ways of pursuing an enjoyable retirement There are short guizzes and discussion guestions at the end of each chapter so that readers can reflect on what they have read and see exactly how it relates to their own lives This book is a must read for anyone considering retirement in the near future as well as current retirees who may be struggling to find happiness in their Retirement and Its Discontents Michelle Pannor Silver, 2018-08-07 In the popular imagination retirement daily lives promises a well deserved rest idle days spent traveling volunteering pursuing hobbies or just puttering around the house But as the nature of work has changed becoming not just a means of income but a major source of personal identity many accomplished professionals struggle with discontentment in their retirement What are we to do individually and as a culture when work and life experience make conventional retirement a burden rather than a reprieve In Retirement and Its Discontents Michelle Pannor Silver considers how we confront the mismatch between idealized and actual retirement She follows doctors CEOs elite athletes professors and homemakers during their transition to retirement as they struggle to recalibrate their sense of purpose and self worth The work ethic and passion that helped these retirees succeed can make giving in to retirement more difficult as they confront newfound leisure time with uncertainty and guilt Drawing on in depth interviews that capture a range of perceptions and common concerns about what it means to be retired Silver emphasizes the significance of creating new retirement strategies that support social connectedness and personal fulfillment while countering ageist stereotypes about productivity and employment A richly detailed and deeply personal exploration of the challenges faced by accomplished retirees Retirement and Its Discontents demonstrates the importance of personal identity in forging sustainable social norms around retirement and helps us to rethink some of the new challenges for aging societies

The Oxford Handbook of Undergraduate Psychology Education Dana S. Dunn, 2015-08-07 The Oxford Handbook of Undergraduate Psychology Education is dedicated to providing comprehensive coverage of teaching pedagogy and

professional issues in psychology The Handbook is designed to help psychology educators at each stage of their careers from teaching their first courses and developing their careers to serving as department or program administrators The goal of the Handbook is to provide teachers educators researchers scholars and administrators in psychology with current practical advice on course creation best practices in psychology pedagogy course content recommendations teaching methods and classroom management strategies advice on student advising and administrative and professional issues such as managing one s career chairing the department organizing the curriculum and conducting assessment among other topics The primary audience for this Handbook is college and university level psychology teachers at both two and four year institutions at the assistant associate and full professor levels as well as department chairs and other psychology program administrators who want to improve teaching and learning within their departments Faculty members in other social science disciplines e.g. sociology education political science will find material in the Handbook to be applicable or adaptable to their own programs and courses The Oxford Handbook of Retirement Mo Wang, 2013 This handbook reviews existing theoretical perspectives and research findings on retirement explores current and future challenges in retirement research and practice and provides corresponding recommendations and suggestions The Psychoanalysis of Career Choice, Job Performance, and Satisfaction Paul Marcus, 2017-01-20 Freud said that love and work are the central therapeutic goals of psychoanalysis the twin pillars for a sound mind and for living the good life While psychoanalysis has masterfully contributed to understanding the experience of love it has only made a modest contribution to understanding the psychology of work This book is the first to explore fully the psychoanalysis of work analysing career choice job performance and job satisfaction with an eye toward helping people make wiser choices that bring out the best in themselves their colleagues and their organization The book addresses the crucial questions concerning work how does one choose the right career what qualities contribute to excellence in performance how best to implement and cope with organizational change and what capacity and skills does one need to enjoy every day work Drawing on psychoanalytic thinking vocational counseling organizational psychology and business studies The Psychoanalysis of Career Choice Job Performance and Satisfaction will be invaluable in clinical psychoanalytic work as well as for mental health professionals scholars career counselors and psychologists looking for a deeper understanding of work based issues Staging Women's Lives in Academia Michelle A. Massé, Nan Bauer-Maglin, 2017-01-12 Argues that institutional change must accommodate women s professional and personal life stages Staging Women's Lives in Academia demonstrates how ostensibly personal decisions are shaped by institutions and advocates for ways that workplaces not women must be changed Addressing life stages ranging from graduate school through retirement these essays represent a gamut of institutions and women who draw upon both personal experience and scholarly expertise The contributors contemplate the slipperiness of the very categories we construct to explain the stages of life and ask key questions such as what does it mean to be a graduate student at fifty Or a full professor at thirty five The

book explores the ways women in all stages of academia feel that they are always too young or too old too attentive to work or too overly focused on family By including the voices of those who leave as well as those who stay this collection signals the need to rebuild the house of academia so that women can have not only classrooms of their own but also lives of their own

Transitioning from the Top Stephanie Brun de Pontet, 2017-11-28 How can you move most effectively from the pinnacle of business and leadership success into post work life that energizes you and leverages your experience and your interests This book draws on the experience of several past CEOs to address the important topic of personal continuity for family business leaders transitioning from the day to day leadership of their enterprise Making this transition remains challenging for most leaders Lack of clarity or options for meaningful post CEO roles is a major factor in succession struggles resulting in wide reaching consequences for all stakeholders in the enterprise Here family business consultant Brun de Pontet takes an in depth look at the dynamics and challenges for leaders in transition and the systems around them to deliver insights on sources of difficulty and tips and tools for effective planning The book draws extensively on the experiences of more than a dozen former family business leader interviewees These highly driven and accomplished business leaders share stories and lessons from their own personal continuity journey as they transitioned from the top of their companies Combining these real examples with knowledge from years of consulting and research Brun de Pontet helps leaders broaden their sense of self as they look forward to a rich purpose filled next chapter in life **Your Happiness Portfolio for Retirement** Marianne T. Oehser, 2019-05-03 Make the post career phase of your life the happiest and most fulfilling time of your life So much changes as you move from your career into the Third Act of your life You have to redefine your identity find a new reason to get up in the morning build a new structure for your days and replace part of your social network Some people slip easily into their new life and others struggle Many of us fill our days with fun and relaxing things to do but get to the point where we want something more then we feel a bit empty You know you need a financial portfolio to retire but did you know you also need a Happiness Portfolio This book is a practical guide to creating your Happiness Portfolio and flourishing in your Third Act It includes valuable information and thought provoking exercises to design your retirement life so you enjoy it to the max and feel that your life is fulfilling You will explore Why this change is sometimes so difficult How to structure your life so there is plenty of time for both fun and doing things that make you feel like your life is worthwhile What it really means to be happy Some tools for dealing with the bumps you are certain to encounter along the way This book is right for you if You intend to retire soon or If you retired in the past five years or so Scroll up and click on Look inside to learn more or just add it to your cart Human Growth and Development Across the Lifespan David Capuzzi, Mark D. Stauffer, 2016-02-10 A practically focused guide to effective counseling of all clients Human Development Across the Life Span is a practical guide to human growth and development moving beyond theory to include real world applications for counselors who work with clients Written by recognized authorities in mental health counseling and counselor education this

book is fully aligned with the American Counseling Association's accreditation standards and includes contributions by well known and respected academics and practitioners Based on an extensive review of course syllabi across CACREP accredited programs this book is organized to follow the way courses are typically taught and follows a consistent structure including pedagogical elements that help students learn After a thorough examination of essential concepts and theories of life span development the book moves through each stage of human growth and development to provide expert insight short case studies and practical applications to counseling The full Instructor's package provides a useful set of tools including a Respondus test bank PowerPoint slides and an Instructor's Manual This book is the only text on human growth and development that emphasizes the key implications and applications for counselors providing useful information and the insights of real experts in each subject area Understand the developmental milestones at each life stage Appreciate clients perspectives to better facilitate appropriate interventions Work more effectively with clients of any age from toddlers to seniors Tailor your approach to meet the unique needs and abilities of each life stage As a counselor you cannot approach a child's therapy the same way you approach an adult's Even within each major category each developmental stage includes a nuanced set of characteristics that considered appropriately will inform a more effective treatment plan Human Development Across the Life Span is a comprehensive guide to understanding all of your clients and providing the type of counseling that facilitates more positive outcomes The Retirement Maze Rob Pascale, Louis H. Primavera, Rip Roach, 2012-04-05 Millions of baby boomers are just beginning to retire and in doing so many are likely to run into adjustment problems such as loss of identity deterioration of marriage and social life and feelings of disconnectedness to the world Studies have found that as many as 40% of retirees have difficulty adjusting and even those who claim to enjoy retirement may experience some uneasiness as they adapt to a life lacking in structure and direction This book investigates the struggles faced by retirees in building a new life outside of the workforce It provides an honest assessment of retirement based on the not always acknowledged fact that it is a difficult transition with pitfalls and obstacles to be overcome But along with uncovering problems the authors also propose solutions to enable both current and future retirees to be better prepared allowing them to avoid being blind sided by unexpected situations By reading about the experiences of their peers current and future retirees will come to understand that others share their difficulties adjusting and that tactics are available to improve their comfort level in retirement as well as their overall well being Retirees and those planning for retirement will find in these pages what they need to make retirement successful and enjoyable

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