



**MY
NEXT
PHASE**

**THE PERSONALITY-BASED GUIDE
TO YOUR BEST RETIREMENT**

Eric Sundstrom, PhD, Randy Burnham, PhD,
and Michael Burnham

My Next Phase The Personality Based Guide To Your Best Retirement

Anthony S. Fauci



My Next Phase The Personality Based Guide To Your Best Retirement:

My Next Phase Eric Sundstrom, Randy Burnham, Michael Burnham, 2007-09-26 Too many people flunk retirement even after a lifetime of hard work Why Because they only plan on their financial needs not their emotional ones as they move into the next phase of life The key to a successful retirement lies in your personality NOT in your bank account My Next Phase featured in The New York Times BusinessWeek and The Washington Post offers a revolutionary step by step process to figure out your personal Retirement Style and creates a unique retirement plan based on who you are Take the My Next Phase quizzes and find out WHAT S YOUR SOCIAL STYLE If you re outgoing you ll need companionship through your days whether you leave your job or keep working If you re contemplative you ll need solitude as well as social connection to find the fulfillment in the years ahead WHAT S YOUR STRESS STYLE If you re resilient you ll push yourself to find challenge and get bored without it If you re responsive you ll need to pace yourself Either way you ll need a passion that gives you a reason to get out of bed each day WHAT S YOUR PLANNING STYLE If you re structured you ll prefer to schedule your time If you re flexible you ll want a freer less scheduled life And many more questions and answers to ensure a happy fulfilling next phase of life

Reboot! Phil Burgess, 2011-08 About Reboot Reboot to work retirement is a disease It s better to wear out than rust out That is the message of Reboot While American culture glamorizes the Golden Years of endless leisure and amusement Phil Burgess rejects retirement as he makes the case for returning to work in the post career years a time he calls later life Based on solid research from the social and medical sciences the author says It is better to die with your boots on fully engaged in helping others and repairing the world Reboot is partly autobiographical Indeed the author is working well into his own post career years following two failed retirements He is also convincing in his eye opening historically rooted and hope filled arguments for engaging in life long work that is productive and satisfying Reboot identifies five different types of work in kind volunteer Samaritan enrichment and paid work Booters who incorporate one or more of these types of work into their post career lifestyle will according to Burgess live longer live better and die faster avoiding boredom aimless busy ness diminished self worth and the anguish and cost of lingering death With America s 78 million boomers turning 65 at the rate of 10 000 a day for the next 18 years Reboot provides a timely and provocative alternative to the conventional idea of retirement With the promises of Social Security and Medicare about to be broken Reboot provides an upbeat and constructive way to deal with new financial realities For men and women navigating life s transitions striving to finish well Reboot provides a roadmap for living a life of meaning challenging the reader to be a booter not a retiree Burgess boldly asserts that retirement is a deadly disease and that work after a life of work is the best option for post career years that are meaningful productive healthy and satisfying See www.BooterNation.com Excerpts On retirement Not all ideas are good ideas Some are bad ideas Retirement is one of those bad ideas it makes no sense Retirement is not natural It is not historic It is not healthy It is not for most people fulfilling For many retirement is a widow maker On the value of work The social

engagement and satisfaction that come from working in later life are keys to successful aging There is much work to do in this world where we are but temporary inhabitants We should find it and do it at least for as long as we re able In many ways our life depends on it On work and money Work is not only about money Even if you don t need the money and your financial situation is stable and comfortable returning to work in your post career life is the smart thing to do at least until sidelined by frailty or disability It s smart because good health and satisfaction in later life are most likely to come from working On different types of work For most of us post career work will be tailored work work customized to reflect our needs our deepest desires and the highest and best use of our gifts especially time talent and treasure Work tailored to our gifts will be productive and satisfying *Empty Nest, Empty Desk, What's Next?* Dr. Rita Smith,2018-04-26 Baby Boomer women are the first generation of women to retire from professional career roles These women were uniquely born into a generation known for breaking down traditional societal barriers and searching for personal fulfillment They pioneered their entrance into the male dominated professional workplace and persevered to levels of unprecedented success These are strong bright women So why wouldn t retirement be an easy transition for them Unfortunately these trailblazing women are ill prepared for the psychological challenges of retirement and there are no roadmaps and few female role models to guide them Dr Rita Smith interviewed over 200 Baby Boomer professional women and found a common experience among them being unprepared for retirement shock Empty Nest Empty Desk What s Next shares these women s stories their challenges and their successes The book also includes a Boomer Retirement Re Imagined Roadmap which along with interactive exercises provide the missing guidance and support to help Baby Boomer professional women reinvent a retirement that works **Second Career Volunteer** Barbara M. Traynor,2012-04 FUN FREEDOM and FREE FOOD Worried about finances Savings and 401k reduced How about volunteering at organizations that offer free room and board in exchange for workplace or hobby skills This is reality All you need do is get there You choose the destination the hours and your responsibilities within a multi cultural multi generational community of like minded colleagues giving to the greater good All this within your budget Come join me Second Career Volunteer A Passionate Pennywise Approach to a Unique Lifestyle offers How to find organizations that offer free room and board in exchange for your skills How can college grads find employment and gain experience while remaining independent How to prepare for retirement with travel on a budget How you can downsize via the 3 R s Reuse Reduce Recycle How to have your fun and free food too **Benefits & Compensation Digest** ,2008 **Breaking into the Boys' Club** Jane K. Stimmler,Peter J. Dean,Molly D. Shepard,2022-09-01 Breaking into the Boys Club is the ultimate guide to success for women in business No matter what stage in your career or what job position you hold this book offers you practical relatable ways to evaluate your work style and workplace culture in order to better understand behavior that may be holding you back from advancing in your field Congressional Record United States. Congress,2012 *Best Life* ,2008-08 Best Life magazine empowers men to continually improve their physical emotional and financial well being to better

enjoy the most rewarding years of their life *Black Enterprise* ,1997-10 BLACK ENTERPRISE is the ultimate source for wealth creation for African American professionals entrepreneurs and corporate executives Every month BLACK ENTERPRISE delivers timely useful information on careers small business and personal finance **Sound Mind Investing** Austin Pryor,1996-10 Here is the definitive guide to helping Christians get out of debt plan for retirement and glorify God through wise financial mangement It answers questions about tithing while investing no load funds foreign investments and much more Designing Online Identities Clay Andres,2002 The Money Sandwich Marc Bineham,2022-07-21 Sandwiched between adult kids and ageing parents and seeking financial freedom Take control of your finances today and secure a stress free future tomorrow Managing money can be a major source of stress especially for members of the Sandwich Generation those in the last decade or two of their working lives and feeling stretched by supporting adult kids on one side ageing parents on the other and with their own retirement on the horizon The Money Sandwich provides practical easy to understand knowledge tips and action lists on all aspects of financial management for your pre and post retirement years You ll learn how to manage debt and take control of your money build a diverse but secure investment portfolio understand superannuation finally and how to optimise it navigate insurance aged care and estate planning set up your children for a worry free financial future Everyone deserves to retire comfortably and on their own terms Make this the year you take action Marc Bineham now part of the sandwich generation himself has had a long career of over 30 years in the financial advice profession As a Money Coach Marc continues to help families to get on top of their money worries manage their money better and live a more fulfilled and balanced life **Black Enterprise** ,2000-06 BLACK ENTERPRISE is the ultimate source for wealth creation for African American professionals entrepreneurs and corporate executives Every month BLACK ENTERPRISE delivers timely useful information on careers small business and personal finance **Forthcoming Books** Rose Arny,2003 Video Source Book Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction Career Guide ,2001 *Paperbound Books in Print* ,1991 Video Source Book ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **New Age** ,1979-07
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