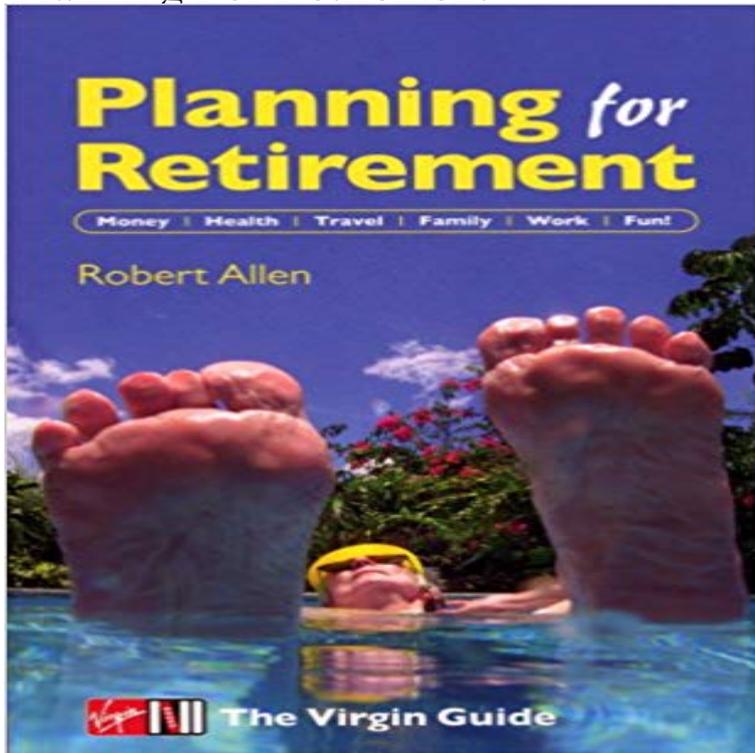


Planning For Retirement



Approaching retirement age shouldn't be about choosing your favorite armchair; it's about fulfilling your desires to do everything you always wanted, but never had the time to do. Want to know how to make the most of later life? Do you dream of travelling the world? Aspire to learn new skills? Age shouldn't be a barrier. With our life expectancy increasing along with our demands for fuller and more active lives the opportunities as you approach retirement age grow greater and more exciting. But how do you choose what you want to do? Planning for Retirement helps you sort out your options, offering all the information and advice that you need. Packed with questionnaires, tips and anecdotes from those who have grown older both gracefully and disgracefully, this easy-to-use book contains sections on:

- *Deciding what you want to achieve
- *Work, training, educational and travelling opportunities
- *Keeping healthy with regular medical check-ups, diet advice and exercise tips
- *Maintaining a healthy and retentive memory through exercises, relaxation and meditation
- *Assessing finances
- *Coping with family pressures

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