

Dr. Paul Powers

• *Management Psychologist & Consultant* • *Executive / Career / Retirement Coach* • *Career Expert / Author* • *Public Speaker*

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RETIREMENT PLANNING RESOURCES (revised 2020)

BOOKS:

- **The Spirit of Retirement: Creating a Life of Meaning and Personal Growth**
Author: Autry, James A
Publication info. Roseville, Calif.: Prima Publishing, 2002
- **Supercharged Retirement: Ditch the Rocking Chair, Trash the Remote, and Do What You Love**
Author: Lloyd, Mary
Publication info. Hankfritz Press 2009
- **The Single Woman's Guide to Retirement**
Author: Cullinane, Jan
Publication info. Hoboken, New Jersey; John Wiley & Sons, 2012
- **The New Retirement: Revised and Updated: The Ultimate Guide to the Rest of Your Life**
Author: Cullinane, Jan and Fitzgerald, Cathy
Publication info. Rodale Books; Rev Upd edition (August 7, 2007)
- **Work Less, Live More: The New Way to Retire Early**
Author: Clyatt, Bob
Publication info. Berkeley, CA: Nolo, 2005
- **The Number: A Completely Different Way to Think About the Rest of Your Life**
Author: Eisenberg, Lee
Publication info. New York: Free Press, 2006
- **The Seasons of a Man's Life**
Author: Levinson, Daniel J
Publication info. New York [N.Y.]: Ballantine Books, 1979

BOOKS (continued)

- **The Seasons of a Woman's Life**
Author: Levinson, Daniel J in collaboration with Judy D. Levinson
Publication info. New York: Knopf, 1996
- **The Joy of Retirement: Finding Happiness, Freedom, and the Life Always Wanted**
Author: Borchard, David and Donohoe, Patricia
Publication info. AMACOM 2008
- **Winning Job Interviews: Reduce Interview Anxiety, Outprepare the Other Candidates, Land the Job You Love**, Revised Edition
Author: Powers, Paul, Dr.
Publication info. Franklin Lakes, NJ: Career Press, 2009.
- **Love Your Job!: Loving the Job You Have, Finding a Job You Love**
Author: Powers, Paul, Dr.
Publication info. Sebastopol, CA: O'Reilly & Associates, Inc., 1993
- **Retire Smart, Retire Happy: Finding Your True Path in Life**
Author: Schlossberg, Nancy K., 1929
Publication info. Washington, D.C.: American Psychological Association, 2003
- **Learned Optimism**
Author: Seligman, Martin E. P.
Publication info. New York: A.A. Knopf, 1991
- **Active Retirement for Affluent Workaholics: Planning for the Life You've Always Wanted**
Author: Silton, Peter
Publication info. Los Angeles, Calif.: N.P. Financial Publishing, 2001
- **Retire Early-And Live The Life You Want Now: A 10-Step Plan for Reinventing Your Retirement**
Author: Wasik, John F.
Publication info. New York: Henry Holt & Co., 2000
- **Sooner Than You Think: Mapping a Course for a Comfortable Retirement**
Author: Williamson, Gordon K.
Publication info. Homewood, Ill.: Business One Irwin, 1993
- **Your Renaissance Years: Making Retirement the Best Years of Your Life**
Author: Veninga, Robert L.
Publication info. Boston: Little, Brown, 1991

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BOOKS (continued)

- **The Joy of Not Working: A Book for the Retired, Employed, and Overworked**
Author: Zelinski, Ernie J.
Publication info. Berkeley: Ten Speed Press, 2003
- **How To Retire Happy, Wild, and Free: Retirement Wisdom That You Won't Get From Your Financial Advisor**
Author: Zelinski, Ernie J.
Publication info. Berkeley, Calif.: Ten Speed Press, 2004
- **The Couple's Retirement Puzzle: 10 Must-Have Conversations for Transitioning to the Second Half of Life**
Authors: Roberta K. Taylor and Dorian Mintzer (Apr 5, 2011)

RETIREMENT CALCULATORS:

- There are a wide variety of retirement calculators on the world-wide web. They can be helpful tools but do not rely on just one or two. Try at least a few, compare the results you get and then draw your own conclusions. / A few to try can be found at:

CNNMONEY.COM

<https://www3.troweprice.com/ric/ricweb/public/ric.do>

<http://cgi.money.cnn.com/tools/retireyoung/index.html>

http://sites.stockpoint.com/aarp_rc/wm/Retirement/Retirement.asp?act=LOGIN

<https://personal.vanguard.com/us/plannededucation/retirement>

http://personal.fidelity.com/planning/guidance_overview.shtml.cvsr?bar=c

PERIODICALS:

- **Money Magazine** – often has articles pertaining to retirement focusing on financial and non-financial issues.
- **U.S. News and World Report** – occasionally has articles pertaining to retirement focusing on financial and non-financial issues.

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PERIODICALS (continued)

- **AARP Magazine** – constant, wide range of retirement related articles published by association of the same name.
- **RetirementLifeToday.com** – on-line magazine with articles on a wide array of topics apparently not including work.
- The **LifeMap** Newsletter: short, monthly e-newsletter covering full range of life planning issues; including retirement planning.
Free subscription at www.drpaulpowers.com.

WEB SITES:

- AARP.org: Website for that organization with articles and resources on a wide range of topics.
- betterthanieverexpected.blogspot.com: Joan Price's blog. She's the author of Better Than I Ever Expected: Talk About Sex After Sixty. A zesty mix of news, views, and reviews related to sex and aging.
- Retirementjobs.com: Just what it says also includes advice articles, stories and suggested resources.
- theretirementportal.com - A good place to start. An extensive guide to other retirement websites. Strong financial focus.
- www.volunteermatch.org - A comprehensive site with volunteer opportunities listed by not for profit organizations in your area; search by zip code.

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