



Happy Retirement: The Psychology of Reinvention

Megan Kaye, Kenneth S. Schultz, Mike Annesley

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A practical, fully illustrated guide to planning and enjoying retirement, grounded in psychological research.

Retirement can bring immense fulfillment but also can be a source of stress, especially today. *Happy Retirement: The Psychology of Reinvention* uses psychological research and a unique visual style of infographics and illustrations to provide readers with a retirement road map just right for them.

Fully illustrated, with constructive advice for all retirees--whatever the age and circumstances--and inspirational guidance from a wealth of sources, *Happy Retirement: The Psychology of Reinvention* answers all the questions readers are likely to ask at any stage of retirement.

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