



# Life after 60? Yes!: Choices for Managing the Third Part of Your Life

*John Morford*

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## **Life after 60? Yes!:Choices for Managing the Third Part of Your Life** John Morford

"If you are one of America's 77 million baby boomers, you are or soon will be facing choices that can make the difference between enjoying or just enduring this third stage of your life. Time to treasure family and friends, to acquire new skills and expand knowledge, to find new pleasures and savor familiar ones, to deepen your spiritual life-these are the possibilities that open up as you move into your sixties. To make the most of this time means making thoughtful choices about your physical and mental health, your work life, your relationships, your finances, your approach to every aspect of your life.

Life After 60? Yes! offers advice from experts, real-life examples, and a wealth of resources to help you make these years gratifying and fulfilling. It explores:

the importance of relationships

deciding whether and when to retire

maintaining your health, both physical and mental

financial planning issues

wills, insurance and other personal management choices

choices for using your time well

building meaning in your life"

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