



The Challenge of Retirement

Trish Murphy

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At the end of a working life, we all hope to enjoy our retirement, but many people find it difficult to adjust to a life after work. Building on her twenty years of experience running courses on preparing for retirement and redundancy, psychotherapist Trish Murphy understands the challenges of entering this new phase of life. More and more, retiring individuals and couples find that the focus of their attention is on not 'putting up' with the way things were but with demanding better lives and relationships and 'living fully'.

An engaging and necessary guidebook for this important stage of life, *The Challenge of Retirement* focuses on the psychological aspects of retirement, addressing such issues as:

Managing relationships

Sexuality

Mental health

Self-care

Intergenerational living

As we are all living longer, the messy business of life goes on – as does the need to develop skills and approaches to meet new and difficult challenges.

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The Challenge of Retirement can be one of your beginning books that are good idea. Most of us recommend that straight away because this book has good vocabulary that may increase your knowledge in words, easy to understand, bit entertaining but delivering the information. The article writer giving his/her effort to get every word into pleasure arrangement in writing The Challenge of Retirement nevertheless doesn't forget the main point, giving the reader the hottest and also based confirm resource data that maybe you can be among it. This great information can certainly drawn you into completely new stage of crucial contemplating.

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