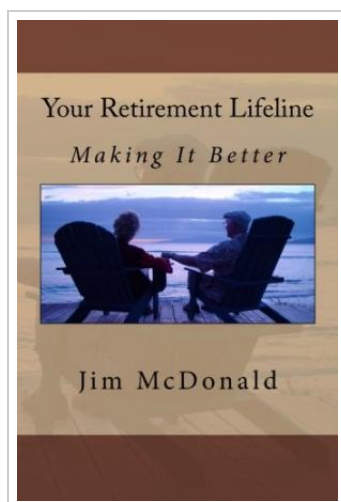




Your Retirement Lifeline Making It Better

By Jim McDonald

Jim McDonald. Paperback. Condition: New. 158 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Making Retirement Better There's a fair chance that you will live a long life in retirement. Are you ready? Through inspiration and practical advice this book will help make this a satisfying and fulfilling phase of your life. The author, Jim McDonald has lived over 13 of his life in retirement and during those years he has learned from firsthand experience what factors are of greatest importance during retirement. Now, he wants to pass on what he has learned to the baby boomers and younger retirees. Here's what you'll find in Your Retirement Lifeline: Imagine 25 or more years of leisure time with nothing to do. The book shows you how to stay pleasantly engaged for the rest of your life. It's no secret, if you stay physically and mentally fit you'll feel better and get more enjoyment out of life. The book will show you how to stay motivated day after day, from one year to the next. Nutrition, weight control and the Body Mass Index are some of the topics that will round out your quest to make your health last. Money is a huge concern...



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