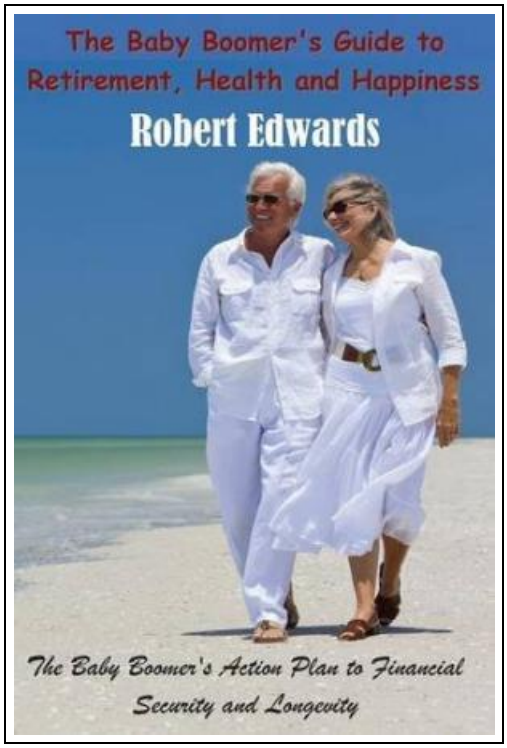
The Baby Boomer s Guide to Retirement, Health Happiness: The Baby Boomer s Action Plan to Financial Security and Longevity



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Reviews

Comprehensive manual! Its this sort of excellent read through. We have read through and i also am certain that i will going to read through once more again later on. You wont sense monotony at at any time of your time (that's what catalogs are for regarding in the event you question me).

(Prof. Geraldine Monahan)

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Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you were born between 1946 and 1964, Robert Edwards wants to help you age gracefully, retire comfortably, and proactively adapt to the impending speed bumps that are likely to crop up as you travel down the retirement leg of your Baby Boomer life s journey. Edwards is on a mission to help you figure out your ideal weight, diet, exercise plan, and so much more; because aging isn t as easy as it used to be--especially during an era when 50 is viewed as the new 30. Throughout this savvy Boomers guide to aging, Edwards explains how your Baby Boomer body is changing, and how you need to support those changes so you can continue to enjoy a high quality of life. Two of the largest challenges Boomers face is Alzheimer s and poverty. To help with those challenges, Edwards provides proactive solutions that sharpen mental capabilities and prevent financial disasters from occurring. With a great percentage of Boomers facing retirement without a proper financial cushion, it s vital to start building your financial resources immediately. Edward s chapter on finances might just be the wake-up call you ve needed to jolt you out of complacency and unwise spending patterns so you won t be blindsided when you reach retirement age. Edwards says that the right time to take charge is NOW. People are living longer than ever, but what good is living longer if health woes, financial disaster, or both, tarnish your Golden Age? By implementing Edward s suggestions on hormones, nutritional supplements, dietary habits, stress relief, and other essentials, you ll likely spend less time in a doctor s office and a lot...

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