

## 20 Recommended Books

### Retirement and the New Life Stage

1. *Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest* by Dan Buettner, (National Geographic, 2008)
2. \* *Don't Retire, Rewire* by Jerry Sedlar and Rick Miner, (Penguin, Random House, 2018)
3. \* *Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life* by Louise Aronson, (Bloomsbury Publishing, 2019).
4. *Essential Planning for Solo Agers* by Sara Zeff Geber, (Mango Publishing, 2018).
5. \* *How to Live Forever: The Enduring Power of Connecting the Generations* by Marc Freedman (PublicAffairs, 2018)
6. *Live Long, Die Short: A Guide to Authentic Health and Successful Aging* by Roger Landry, MD (Greenleaf Book Group Press, 2014).
7. *Project Renewment®: The First Retirement Model for Career Women* by Bernice Bratter and Helen Dennis (Scribner, 2008, 2013).
8. *Purpose and a Paycheck: Finding Meaning, Money and Happiness in the Second Half of Life* by Chris Farrell, (Harper Collins Leadership, 2019).
9. *Retirement by Design* by Ida Abbott, (Ulysses Press, 2020).
10. *Successful Aging* by Daniel Levitan, (Dutton, 2020).
11. *The Couple's Retirement Puzzle* by Roberta Taylor & Dorian Mintzer, (Sourcebooks, 2014).
12. *The Big Shift - Navigating the New Stage Beyond Midlife* by Marc Freedman (PublicAffairs, 2011).
13. *The Encore Career Handbook* by Marci Alboher (Workman Publishing, 2013).
14. *The Memory Bible: An Innovative Strategy for Keeping Your Brain Young* by Gary Small, M.D. (Hyperion, 2002).
15. *The Memory Prescription: Dr. Gary Small's 14-Day Plan to Keep your Brain and Body Young* by Gary Small, M.D. (Hyperion, 2004).
16. *The Upside of Aging: How Long Life is Changing the World of Health, Work, Innovation, Policy & Purpose* by Paul Irving (Wiley, 2014).
17. *Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom and Wonder* by Arianna Huffington (Harmony, 2014).
18. *Unretirement: How Baby Boomers are Changing the Way We Think About Work, Community and the Good life.* Chris Farrell (Bloomsbury Press, 2014).
19. \* *What Retirees Want: A Holistic View of Life's Third Age* by Ken Dychtwald and Robert Morrison, (Wiley, 2020).
20. \* *Wisdom @ Work: The Making of a Modern Elder* by Chip Conley, (Currency, 2018).