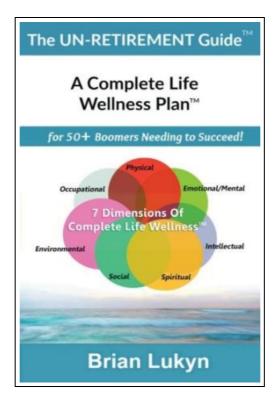
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WWW.Brianlukyn.com, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******.Can t Afford to Retire or Don t Want to? If so, your re not alone and part of a wave of Baby Boomers working up to and past 65 described as Un-Retired. It is one thing to need or choose to keep working and another, to stay gainfully employed while coping with potential age discrimination and/or not succumbing to a disabling medical condition. Sounds like the deck is stacked but the odds can be increased considerably by taking a proactive stance. Career, rehabilitation and wellness specialist Brian Lukyn spent 3 years researching and writing this heartfelt and timely guidebook. Designed for unretired North American Boomers, it provides powerful and effective information to successfully manage your career, health and wellness needs. This is accomplished holistically within a framework of seven wellness dimensions whose overall focus is on maintaining balance and wellbeing. In this book you ll learn: All career, health and wellness information within is tailored to the 50+population Why full stop retirement is an outdated lifestyle Why relying on the medical model of health alone isn t enough to age well Why you have greater control over aging and longevity than you think How to decrease the odds of being diagnosed with dementia A breakdown of what wellness is in each of the seven dimensions How to customize and create your complete life wellness plan Why it is important to define purpose and meaning in the second half of your life How to identify and minimize work and personal stressors that threaten your health Why completing your personal career profile is an essential step Why its critical and empowering to understand and own the skills you have How to stay current and...



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