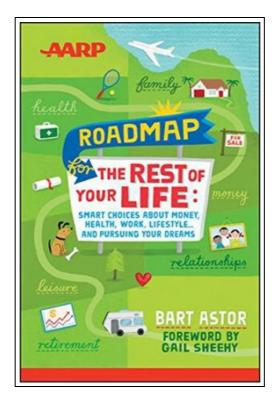
The AARP Roadmap for the Rest of Your Life: Smart Choices About Money, Health, Work, Lifestyle and Pursuing Your Dreams



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John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, The AARP Roadmap for the Rest of Your Life: Smart Choices About Money, Health, Work, Lifestyle and Pursuing Your Dreams, Bart Astor, Gail Sheehy, WASHINGTON POST Bestseller List 3/30/14 Solid solutions and step-by-step instructions for planning the next stage of your life Life after 50 isn t what it used to be. The rules have changed. No more guaranteed pensions, retiree health plans, or extensive leisure and travel. It s time to forge new paths and create innovative models. That s where the AARP Roadmap for the Rest of Your Life comes in. Bart Astor, author of more than a dozen books, offers a comprehensive guide for making lifestyle decisions, growing your nest egg, and realizing your goals. This AARP book * Provides guidance on the key areas you ll need to consider: finances and work, health and fitness, Medicare and Social Security, estate planning, insurance, housing, and more * Offers expert tips on creating age- and health-specific goals through a personal Level of Activity scale based on how active you can and want to be * Includes tips for finding fun and fulfilling activities and even completing your bucket list * Supplies ready-to-use worksheets to help you set and meet financial planning goals, get your legal affairs in order, and maintain adequate health insurance * Contains a comprehensive list of valuable resources.

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