



Get a Life: You Don't Need a Million to Retire Well

Ralph Warner

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Retire happy and healthy without keeping a million bucks in the bank!

The financial-service industry wants you to believe that in order to avoid financial destitution, you need to put aside huge amounts of money that you -- let's say it together -- ""should have begun saving years ago.""

Not true, states Ralph Warner, Nolo co-founder and the author of *Get a Life*. Although a sensible savings plan makes good horse sense, many other actions and decisions will determine whether you enjoy your retirement years.

Get a Life shows you how to beat the anxiety surrounding retirement, and to develop a plan to make your golden years the best of your life by:

- developing family relationships
- maintaining and creating friendships
- improving health
- keeping active
- developing a robust curiosity for the world
- realistically calculating how much money you need and how to secure it

The 5th edition provides the latest research and studies that show physically and mentally active retirees live longer and enjoy happier lives.

Get a Life shares with readers sensible ways to ensure a fulfilling retirement ways that have little to do with accumulated wealth and everything to do with quality of life. Warner stresses the importance of: developing family relationships; maintaining and creating friendships; improving health; keeping active; developing a robust curiosity for the world. Conversations with a variety of active, older individuals also featured.

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Johnathan Fuller:

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Charles Moreno:

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present to you the relaxing pattern this is your body and mind will likely be pleased when you are finished reading it, like winning a sport. Do you want to try this extraordinary investing spare time activity?

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