

THE JOURNAL REPORT: ENCORE

Recommended Reading
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The transition to retirement offers opportunities -- and challenges -- in a number of areas, including relationships, work and personal pursuits. We asked Marc Freedman, president of Civic Ventures, a San Francisco nonprofit focused on expanding the contributions of older Americans, to choose some of the most useful books about preparing for these changes. Here are a few of his picks, with his comments on each.

--Glenn Ruffenach

"The Career Mystique," *By Phyllis Moen and Patricia Roehling*

"The big picture, from America's pre-eminent scholar on couples, work and retirement. Explains how the old life patterns are breaking down -- and sets out a new road map for 'Midcourse' and beyond."

"Too Young to Retire: 101 Ways to Start the Rest of Your Life," *By Marika Stone and Howard Stone*

"A lively and practical gem from a couple inspired by their own 'near-retirement' experience. Filled with creative ideas for wellness, work, travel, relationships, and money, including a chapter on 'Radical Departures.' Also see their Web site: www.2young2retire.com."

"Looking Forward: An Optimist's Guide to Retirement," *By Ellen Freudenheim*

"Guidebook to what's next and what's possible in the next chapter, covers the landscape in a stylish and easily digestible volume. Great graphics and resource section, replete with Web sites, literature, and a directory of organizations."

"My Time: Making the Most of the Rest of Your Life," *By Abigail Trafford*

"Tales of love and work in the 'second adolescence,' from the former health editor of the Washington Post. This book is especially insightful about renewing relationships in what Ms. Trafford calls 'the bonus decades.'"

"Free Agent Nation: The Future of Working for Yourself," *By Daniel H. Pink*

"Essential reading for all considering a transition to the consulting life in the post-midlife years—especially Mr. Pink's chapter on 'e-tirement' and the new old age."

"Inventing the Rest of Our Lives: Women in Second Adulthood," *By Suzanne Braun Levine*

"From the first editor of Ms. Magazine, this new book is designed to help women break through to a 'second adulthood.' "

"Self-Renewal: The Individual and the Innovative Society," *By John W. Gardner*

"A classic, Mr. Gardner's book about embracing change remains as moving and perceptive today as it was when first published in 1963."

"If I Live to Be 100: Lessons from the Centenarians," *By Neenah Ellis*

"Lessons from those looking back on their own later-life transitions, captured in story after beautifully rendered story from Ms. Ellis of National Public Radio."

"Taking Retirement: A Beginner's Diary" *By Carl H. Klaus*

"Personal account of the ups and downs of the first nine months of retirement for Mr. Klaus, the founder of the University of Iowa's nonfiction writing program, and his witty wife, Kate."

"How to Change the World" *By David Bornstein*

"Inspiring stories for those who want to use their life experience and entrepreneurial creativity to make the world a better place."