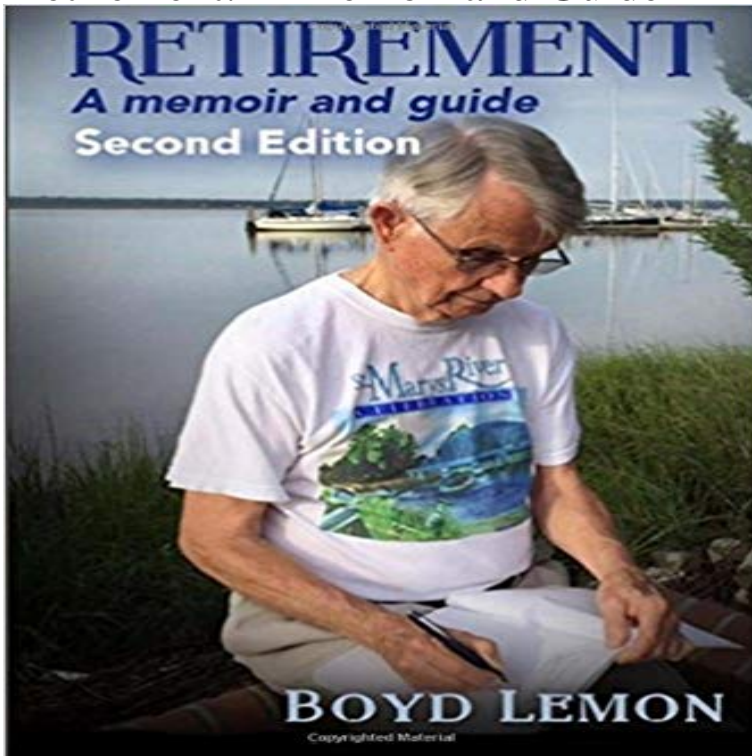


Retirement: A Memoir and Guide



Boyd Lemon shows you how he secured the best time of his life in Retirement and how you can do it too. Learn how to take life more slowly, notice and revel in the beauty of the world around you, most important, how to find and pursue your passion and live fully. Married or single, discover how to avoid the loneliness or episodic depression that many retirees suffer from. Too much leisure time is often an expressway to boredom, frustration and unhappiness. The author tells you how to avoid this unhappiness through a few steps that anyone can take. This Second Edition includes substantial new material based on new interviews, research and the authors personal experiences: new chapters or sections on nutrition, preparing for the death of a spouse or partner, buying versus renting a home, building a retirement home and setting aside time to do nothing. The author has expanded substantially the chapters on Dealing with Loneliness, The Importance of Place, Controlling the Mind, Meditation, Learning and Growing, Spirituality, Adult Children, Friends and Establishing a Structure. What Reviewers Said About the 1st Edition thought-provoking tips. reveals the ways we can all find meaning and joy in our golden years. This unique use of memoir makes the book a much more interesting read than the common guide. so much helpful information on having a fulfilling life after finishing work. amazing the insights in the book. One of the best books on this evolving and elusive destination! You will enjoy Boyds engaging style, and learn from his experiences. I loved this book. Mr. Lemon is a wonderful author and shares his experiences in a very thoughtful and thorough way. I hope he follows this work up with another book detailing additional retirement and life experiences. BTW - My father loved the book too! Lemon gives very practical advice to his readers on

many subjects. I found every page to be filled with inspiration and guidance. I found Boyds book both thought provoking and freeing.

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