

Recommended Reading List

(listed alphabetically by author)

Retirement Heaven or Hell. Which will you Choose?

Mike Drak with Susan Williams and Rob Morrison, Milner, 2020

This practical guide to preparing for retirement is inspired by Drak's own struggles and draws parallels between our lived experience of the pandemic and retirement. Beyond the nine principles for designing your ideal post-career lifestyle, every chapter ends with questions for self-reflection and simple truths that remind us of what we know and of what we're avoiding. You'll be inspired to keep engaged with meaningful work, whether for pay or as a volunteer.

Living an Examined Life: Wisdom for the Second Half of the Journey

James Hollis PhD, Sounds True, Inc., 2018

Over the last 25 years Hollis has published over a dozen books. Discovering who we are and finding meaning in life are recurring themes. This book is for anyone at a crossroads in life taking readers through twenty-one areas for self-inquiry and growth. The work required to live an examined life is not easy, yet Hollis acknowledges, "Most of the people we admire throughout history had difficult lives, but they share a common trait – namely, that they hung on until the new purpose of their lives emerged for them, and they found the courage to live those new challenges."

Bolder: Making the Most of Our Longer Lives

Carl Honoré, Knopf Canada, 2019

This book offers examples from around the globe of how people are engaging with life in their later years. They may help you re-imagine your own approach to the second half of your life. My favourite quote from the book are words from David Bowie, "I think ageing is an extraordinary process whereby you become the person you always should have been."

Successful Aging. A Neuroscientist Explores the Power and Potential of Our Lives

Daniel J. Levitin, Penguin Canada, 2020

Everything you ever wanted to know and more about how our brain works and what you can do to keep that brain working for you. With a comprehensive index and notes, this book is *the* reference book to aging well. Yes, it can be a bit of a heavy read, yet life changing too. I know an 80-year who stopped drinking alcohol (really!) after reading this book. Levitin's COACH approach distills to five practices lifestyle choices that will have the biggest impact on the rest of our lives: curiosity, openness, associations (as in sociability), conscientiousness, and healthy practices.

A Couple's Guide to Happy Retirement and Aging

Sara Yogev PhD, Familins LLC, 2018

This book is as much every person's guide as it is a guide for couples even though the myriad ways in which marital satisfaction is impacted by retirement are highlighted throughout. What stands out is the emphasis given to how men and women respond differently. You're sure to find gems relevant to your own circumstances. Yogev, a deeply experienced clinical psychologist and marital therapist, draws on her practice and current research to support the picture she paints of retirement challenges, create case studies, and to inform the strategies she recommends to smooth out the ride.