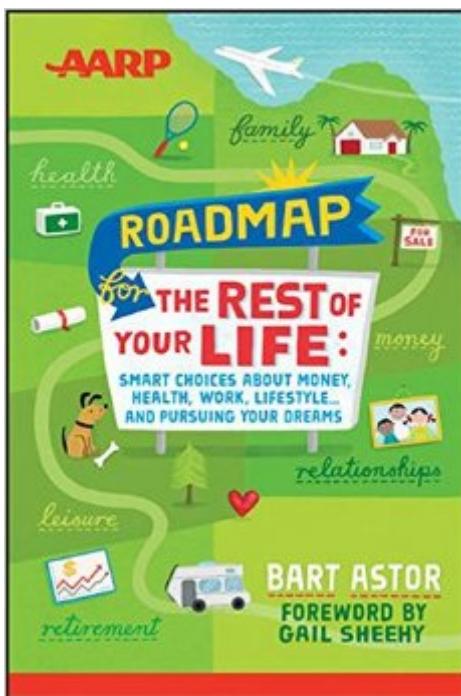


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# AARP Roadmap For The Rest Of Your Life: Smart Choices About Money, Health, Work, Lifestyle ... And Pursuing Your Dreams



## Synopsis

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

## Book Information

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Average Customer Review: 4.1 out of 5 stars See all reviews (75 customer reviews)

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## Customer Reviews

Changing behaviors is never easy but moving into the "retirement" stage of life can be downright scary. Now that I am there, I have to answer the question "now what?" Bart has provided the checklist of topics that need to be addressed and, for each one, offered practical recommendations on what to do and what to avoid. Rather than trying to figure out everything from scratch, Bart's "Users" manual will come in very handy. The pages will be dog-eared in no time.

Having been absorbed for many years in my career, I haven't really had a chance to think through question about my retirement--when, where, what would I do, what's really important for me to have in my life. Bart Astor's Roadmap is a perfect starting place for me in figuring out answers to these questions for myself. The author takes you through these topics in an engaging and down to earth style that's at once lucid and informative. Highly recommended for aging boomers' who are looking for a plan for an active and fulfilling retirement!

I have so many books on finances telling me everything I need to know about money. This book gave me so much more. I haven't read the entire book, just subjects that gave feedback on a particular situation. So far it's a very good book.

I am getting ready to retire within the next 6 months. I wish I had read this book sooner, the writing is very clear and the facts compelling.

This book is very well written and informative, Very useful, also, to have lots of different subjects covered at high level in one volume - filled with practical advice and questions that mandate reflection.

I Am a list person. It helps to organize, plan for what comes next. The list of suggestions and ideas, actions are effective.

I discovered this book in an AARP publication I get. Upon reading, it is a simple to understand common sense approach to handling and managing yourself and your loved ones through the old age we are fast approaching. while I am not officially ready for Medicare or the retirement home thoughts, it has offered good advice in a forgiving way. this is far from the media who pound in perfection making many feel like failures. It is a way to approach this new phase of our lives that is, for me, not scary and offers good resources for further exploration. the author did a fine job for the topics. as one who is aging alone, it is nice to know I have resources and hope for my future.

I was hoping to learn more from this book. It am planning to retire at the end of this year. My husband and I never had children, so many parts of the book do not apply to us. His section on "Moving" and how stressful it might be, was interesting and thought provoking. Otherwise I don't feel like I know what I want to do with my life after I retire, anymore than I did before I read the book.

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