



The Retiring Mind: How to Make the Psychological Transition to Retirement

Robert P. Delamontagne

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After settling into retirement, have you found yourself asking, Is that all there is? Even though retirement is one of life's most psychologically stressful milestones, retirement advice usually focuses on finances, rather than feelings. In *The Retiring Mind*, Robert P. Delamontagne leads prospective and recent retirees on a journey of psychological, emotional, and spiritual growth to help them cope with the challenges of this difficult transition. Delamontagne walks readers through a series of self-analytical processes designed to identify their personality types, and offers suggestions, tailored to each type, on how to resolve adjustment problems. Instead of racing out to buy a beach house or a Porsche, readers will learn the necessary steps to successfully transition into retirement and finally live the good life.

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