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Autore	Milne D (Derek)
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Nota di contenuto	About this book and author -- Acknowledgements -- The surprises of retirement -- Understanding retirement -- Reframing retirement -- Relating in retirement -- Supporting retirement -- Learning from life -- Learning for life -- Conclusions -- Recommended reading and references for key research studies -- Index.
Sommario/riassunto	The Psychology of Retirement is the first self-help guide to retirement based on highly proven psychological coping strategies. Provides the most comprehensive and coherent account of the challenges of retirement and the associated aging processRepresents the culmination of over 30 years of clinical, teaching and research involvement in the main issues discussed within this bookDraws systematically on applied scientific theories, accepted professional circles, which are interpreted and communicated by an applied scientist A constructive e