

Top 12 (Mainly Non-Financial) Books and 10 Websites about Aging and Retirement
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A Map to the End of Time: Wayfarings with Friends and Philosophers (New York: Norton, 1999). Aging-related puzzles and epiphanies illuminated by a cadre of philosophical greats.

Breaking the Watch: The Meaning of Retirement in America (Ithaca, NY: Cornell University Press, 2000). Anthropologist Joel Savishinsky offers an in-depth look at the pre- and post-retirement lives of upstate New Yorkers.

Don't Retire, Rewire, 2nd ed. (Indianapolis: Alpha Books, 2007). Jeri Sedlar and Rick Miners provide engaging, optimistic advice about the "unretirement" trend and how, by rechanneling energies, you can find new, exhilarating work in the second half of life.

Looking Forward, An Optimist's Guide to Retirement (New York: Stewart, Tabori and Chang, 2004). Ellen Freudenheim's highly readable work covers topics such as sex, spirituality, money, careers, volunteering, plus a great list of worthy organizations, resource books, and web sites.

Retire and Thrive, Fourth Edition (Washington, D.C.: Kiplinger's, 2006). Robert K. Otterbourg offers balanced views covering lifestyle choices at midlife using human-interest profiles.

Retire Smart, Retire Happy (Washington, D.C.: American Psychological Association, 2004). Adult life transitions expert Nancy K. Schlossberg offers advice about finding safe passages from lengthy careers and employment to new ventures. Look for self-assessment quizzes.

Social Forces and Aging, 10th Edition (Belmont, CA:Wadsworth, 2003). The comprehensive text book on aging that has launched ten thousand gerontologists. For the reader curious about the big picture.

Successful Aging (New York: Pantheon Books, 1998). John W. Rowe and Robert L. Kahn's comprehensive approach to physical and mental health is a non-technical but seriously informative summary of the MacArthur Foundation Study of Aging.

The Mature Mind: The Positive Power of the Aging Brain. (New York: Basic Books, 2005). Psychiatrist Gene Cohen draws on the latest studies of the aging brain and mind to show that it's never too late to use it, not lose it.

The New Love and Sex After 60 (New York: Ballantine, 2002). Distinguished gerontologist couple, Robert N. Butler and Myrna I Lewis, discusses the physical changes affecting sexuality, related medical conditions, dysfunctions, sexual fitness, dating, remarriage, emotional problems, and where to go for help.

The Number: A Completely Different Way for Thinking about the Rest of Your Life (New York: Free Press, 2006). Lee Eisenberg offers a revealing look behind our most common financial and emotional conflicts about money and retirement.

Your Retirement, Your Way (New York: McGraw Hill, 2007). Alan Bernstein and John Trauth show readers the way to a new and dynamic definition of retirement while providing a variety of guides and road maps.

Top Ten Web Sites for Exploring Aging and Retirement

www.afar.org

American Federation for Aging Research leads you to substantive research on health-related topics.

www.aarp.org

Comprehensive information and advocacy site from the people who know it well.

<http://www.elderhostel.org/ein/intro.asp>

The Elderhostel Institute Network, a subsidiary of the famous travel/learning program, lists hundreds of college-affiliated lifelong learning programs across the U.S. and Canada.

<http://www.experiencecorps.org/>

Experience Corps enables people 55+ to tutor and mentor children in schools across the country.

<http://www.iesc.org/>

International Executive Service Corps promotes travel consulting around the world for volunteers and for paid consultants.

<http://www.nia.nih.gov/>

U.S. National Institute on Aging features excellent health and nutrition information.

www.2young2retire.com

Marika and Howard Stone tell it like it is and involve readers and bloggers to share their views.

<http://www.retirementliving.com/RLretire.html>

Retirement Living Information Center focuses on housing options and top places to retire but includes links to many other sources. Beware bias toward advertisers.

www.thirdage.com

On-line magazine covering health, finances, relationships, money, careers, beauty and options for courses in everything from investing and weight loss (free) to PowerPoint and Excel (fee). Includes lots of annoying ads.

<http://www.wiredseniors.com/>

Great portal to wide variety of sites of interest to the 50+