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Loving Life in Retirement: Making Your New Freedom Work

Marvin H. Berenson M.D.

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Loving Life in Retirement: Making Your New Freedom Work Marvin H. Berenson M.D.
Loving Life in Retirement: Making Your New Freedom Work presents retirement as a transition into a new and exciting life. Through reflections on his own life quest and his work as a psychiatrist over many years, Dr. Berenson examines the world of retirement with its multidimensional possibilities for self-discovery, growth and adventure. Enriched with 52 specific mental imagery exercises, the book focuses on overcoming negative mindsets that create obstacles to opening this new world. Dr. Berenson provides insight into common symptoms, such as depression, loneliness and anxiety. He also fully explores the challenges of facing death, the loss of family and friends and maintaining health in an aging body. Stressing that mental and physical exercises are the true elixir of life, he describes a diet and exercise program that is self-directed, effective, easy-to-use and a true departure from those currently being offered. Dr. Berenson wholeheartedly emphasizes the delightful value of romance for singles and couples and describes very effective techniques to enhance one's sex life. For those who want to become more creative he devotes an entire chapter to the methods for developing an exciting, creative lifestyle. These exercises have proven to be successful for numerous people. To encourage retirees to use the techniques in his book Dr. Berenson has added a twelve week program that describes a tried and true method to change retirees' lives. In addition, he has included an "Introduction to Mental Imagery" that gives them the basis for developing their own mental imagery programs in any area they desire. Loving Life in Retirement is a practical, inspirational guide for experiencing the new freedom of retirement.

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Betty Terry:

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