



# **A Couple's Guide to Happy Retirement: For Better or for Worse . . . But Not for Lunch**

*Sara Yogev*

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# A Couple's Guide to Happy Retirement: For Better or for Worse . . . But Not for Lunch

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*A Couple's Guide to Happy Retirement* is the most comprehensive book devoted entirely to relationship issues in retirement. Not a treatise on money management, this is a much-needed guide to the psychological aspects of retirement and how to make your retirement relationship happy, fruitful, loving, and successful. Written by a psychologist specializing in work and family issues, and drawing from actual accounts from retired couples, this book helps you prepare emotionally for the dramatic life changes during retirement, coaches you to find new purposes to your life beyond work, nurtures the relationship with your companion to strengthen your friendship and love, explores sexuality after retirement and how you can enjoy each other as much as you did as a younger couple, and recommends strategies to successfully deal with differences around money, time together versus apart, housework, and family relationships. It is crucial that couples prepare themselves and their marriages psychologically for what could very well comprise a quarter of their lives. *A Couple's Guide to Retirement* shows you how to do that—so that you'll have the time of your lives.

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