
Retirement, A Peace Harbor: I Feel Like Having a Better Retirement

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2019

Summary

This book is the result of the combination of the materials coming from two books entitled “The Joy of Not Working: A Book for the Retired, Unemployed and Overworked” and “How to Retire Happy, Wild, and Free” by Ernie J Zelinski, which have already been translated by the author and her colleagues, as well as the author’s personal insights and experiences that she gained in the past two decades as an employee at different levels in CSPF. It has been pointed out that retired persons need to develop some skills to live every single part of their retirement and leisure time, and having adequate financial resources would not necessarily guarantee enjoying an active and satisfying retirement. Therefore, retired persons need to pay more attention to all aspects of their lives, including leisure activities, creative pursuits, physical and mental well-being, and solid social support.

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