



## The Baby Boomers Guide to Retirement, Health Happiness The Baby Boomers Action Plan to Financial Security and Longevity

By Robert Edwards

Speedy Publishing LLC. Paperback. Condition: New. 66 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. If you were born between 1946 and 1964, Robert Edwards wants to help you age gracefully, retire comfortably, and proactively adapt to the impending speed bumps that are likely to crop up as you travel down the retirement leg of your Baby Boomer life's journey. Edwards is on a mission to help you figure out your ideal weight, diet, exercise plan, and so much more; because aging isn't as easy as it used to be—especially during an era when 50 is viewed as the new 30. Throughout this savvy Boomer's guide to aging, Edwards explains how your Baby Boomer body is changing, and how you need to support those changes so you can continue to enjoy a high quality of life. Two of the largest challenges Boomers face is Alzheimer's and poverty. To help with those challenges, Edwards provides proactive solutions that sharpen mental capabilities and prevent financial disasters from occurring. With a great percentage of Boomers facing retirement without a proper financial cushion, it's vital to start building your financial resources immediately. Edwards' chapter on finances might just be the wake-up call you've needed to jolt...



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