



How to Age in Place: Planning for a Happy, Independent, and Financially Secure Retirement

Mary A. Languirand Phd

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The first authoritative and comprehensive guide to "aging in place"--a burgeoning movement for those who *don't* want to rely on assisted living or nursing home care--which allows seniors to spend their later years living comfortably, independently, and in their own home or community.

In this empowering and indispensable book, clinical psychologists and aging specialists Mary Languirand and Robert Bornstein teach readers how, with planning and foresight, they can age with dignity and comfort in the place of their own choosing. A necessary resource for seniors, their adult children, and eldercare professionals, *How to Age in Place* offers useful, actionable advice on financial planning; making your home physically safe; getting around; obtaining necessary services; keeping a healthy mind, body, and spirit; and post-retirement employment. *How to Age in Place* is both a practical roadmap and inspirational guide for the millions of seniors who want to make their own decisions and age well.

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Tony Edwin:

Spent a free time for you to be fun activity to perform! A lot of people spent their sparetime with their family, or their particular friends. Usually they undertaking activity like watching television, likely to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Will you something different to fill your current free time/ holiday? Can be reading a book might be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to consider look for book, may be the e-book untitled How to Age in Place: Planning for a Happy, Independent, and Financially Secure Retirement can be excellent book to read. May be it could be best activity to you.

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