

Compelling Conversations: For Vital Aging

Suggestions for Further Reading

The Blue Zones of Happiness: Lessons from the Worlds Happiest People by Dan Buettner

The Little Book of Hygge: Danish Secrets to Happy Living by Meik Wiking

Ikigai: The Japanese Secret to a Long and Happy Life by Hector Garcia and Francesc Miralles

The Girls with the Grandmother Faces, A Celebration of Life's Potential for Those over 55 by Francis Weaver

Life Reimagined: Discovering Your New Life Possibilities by Richard Leider

Your Retirement Quest: 10 Secrets for Creating and Living a Fulfilling Retirement, by Alan Spector and Keith Lawrence

Creating A Happy Retirement A Workbook For Planning The Life You Want by Ronald Richardson

Wise Aging: Living with Joy, Resilience and Spirit, by Rabbi Rachel Cowan and Dr. Linda Thal

How To Age In Place Planning For A Happy, Independent, And Financially Secure Retirement by Mary Languirand

Purpose and a Paycheck: Finding Meaning, Money and Happiness in the Second Half of Life by Chris Farrell

Unretirement How Baby Boomers Are Changing The Way We Think About Work, Community, And The Good Life by Chris Farrell

AgeProof: Living Longer Without Running Out of Money or Breaking a Hib by Jean Chazky and Michael Roizen

Retirementology: Rethinking The American Dream In A New Economy by Gregory Salsbury

The AARP Retirement Survival Guide : How To Make Smart Financial Decisions In Good Times And Bad by Julie Jason

The Virtues Of Aging by Jimmy Carter

Emotional Agility by Susan David

Winning Strategies For Successful Aging by Eric Pfeiffer

Living an Examined Life: Wisdom for the Second Half of the Journey by James Hollis

Aging Thoughtfully Conversations About Retirement, Romance, Wrinkles, And Regret Martha Nussbaum

Sky Above Clouds Finding Our Way Through Creativity, Aging, And Illness by Wendy Miller

The Ultimate Happiness Prescription: 7 Keys to Joy and Enlightenment by Deepak Chopra

The Rhythm of Life: Living Everyday With Passion and Purpose by Matthew Kelly

Retire Smart, Retire Happy: Finding Your True Path in Life by Nancy K. Schlossberg

The New Retirement by Richard Johnson

On the Brink of Everything: Grace, Gravity and Getting Old by Parker Palmer