

THINKING ABOUT RETIREMENT?

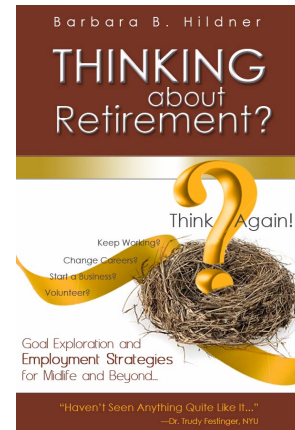
Think Again!

Goal Exploration and
Employment Strategies
for Midlife and Beyond



Barbara B. Hildner

A practical guide to explore life/work options



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“Should I continue working?” “Can I change careers at midlife?” “Can I afford to retire?” “How can I find satisfying volunteer work?” “How can I find a job at my age?” “Should I start my own business?” Here is the book you have been waiting for! These are just some of the questions this book can help solve. **Thinking About Retirement? Think Again** is highly relevant for all adults at midlife and beyond who are concerned about their, job security, benefits, financial future and retirement lifestyle in these uncertain times, whether employed, thinking about retirement or retired.

Organized in two parts, this guide provides ideas for examining a variety of possibilities and solutions for attaining a satisfying and meaningful life. Readers are guided through a practical, step-by-step, easily read process for exploring options and attaining goals. They will be able to:

- Explore specific alternatives for midlife and beyond
- Uncover aptitudes, skills, achievements, interests
- Find tips and forms for writing a resume, cover letter, phoning for interviews and practicing interview questions
- Identify with case histories of individuals in various situations
- Obtain information for job search, starting a business or volunteer work

BARBARA B. HILDNER's experience counseling, teaching and presenting workshops and classes for career exploration, goal setting and job search strategies, has provided the framework for this book. Her degrees include a BA and MA in psychology and an EdS in counseling education with specialization in gerontology from the University of Missouri at Kansas City. She designed a pre-retirement planning program for employers including Hallmark Card, Inc. At the Metropolitan Community Colleges she has written and was funded for grants including “The 55+ Older Worker Program” which was given the top award in Missouri. Mrs. Hildner lives in Kansas City, Missouri.

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