



After Work Balance: Die Zeit danach: Die Perspektiven der Älteren (essentials) (German Edition)

Dietmar Goldammer

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Wir werden immer älter, und viele Menschen sind beim Eintritt in den Ruhestand noch fit und möchten eine Tätigkeit ausüben, die ihnen Freude bereitet und für andere Nutzen stiftet. Dietmar Goldammer klärt auf, regt an und mobilisiert. Unterschiedliche individuelle Voraussetzungen erfordern unterschiedliche Strategien für eine veränderte Lebenssituation der älteren Menschen, und der Autor informiert mit zahlreichen Beispielen darüber, wie andere diese Situation erfolgreich gelöst haben. Zuvor stellt er dar, wie man sich auf den Ruhestand vorbereiten kann, welche Möglichkeiten es gibt und worauf man achten sollte. Auf diese Weise wird deutlich, dass man auch nach der Pensionierung noch erstrebenswerte Ziele erreichen kann.



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