



The Psychology of Retirement: Coping with the Transition from Work

Derek Milne

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The Psychology of Retirement: Coping with the Transition from Work Derek Milne

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- Provides the most comprehensive and coherent account of the challenges of retirement and the associated aging process
- Represents the culmination of over 30 years of clinical, teaching and research involvement in the main issues discussed within this book
- Draws systematically on applied scientific theories, accepted professional circles, which are interpreted and communicated by an applied scientist
- A constructive emphasis establishes the best possible coping strategies and perspectives

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