



# The Retiring Mind: How to Make the Psychological Transition to Retirement

*Robert P. Delamontagne PHD*

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**The Retiring Mind: How to Make the Psychological Transition to Retirement** Robert P. Delamontagne  
PHD

MEET THE EMOTIONAL CHALLENGE OF RETIREMENT

If one or more of the following characteristics describe you, you may be at risk for suffering unpleasant mood swings and depression after retirement.

- \* You work long hours and are successful in your career.
- \* You are highly focused and motivated.
- \* You enjoy competition and winning.
- \* You have an aggressive or assertive personality.
- \* You enjoy achieving challenging goals.
- \* You have few outside interests not connected with your work.

This book, based upon the author's own personal experiences, leads readers on a journey of psychological and spiritual insights designed to help them cope with the challenges of this often difficult passage. To learn more go to **theretiringmind.com**

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