



## Attune Your Body with Dao-In Masters Series of Taoist Internal Practices

By Hua-Ching Ni

Sevenstar Communications. Paperback. Condition: New. 118 pages. Dimensions: 8.9in. x 6.0in. x 0.5in. When Every Day Is Saturday is a how-to book: how to plan for a happy, meaningful retirement. The Grace Retirement Inventory (GRI) sets a fast opening pace and prompts thoughtful, focused questions about retirement. Some retirees seem to have failed badly; many others appear to be happy and successful. What was their guide to success? Dr. Grace's research with seven hundred retirees differentiates this book from all others. Six central themes are developed: 1) freedom and leisure, 2) financial independence, 3) separation from work, 4) family and friends, 5) health and 6) helping others. Readers evaluate their attitude toward each of these themes; this simple measure predicts their happiness in retirement. The writing is concise, interspersed with comments and stories from the lives of current retirees. Inclusion of these vignettes adds hope, inspiration and a dash of realism to what lies ahead for every working adult. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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### Reviews

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