



# The Spirit of Retirement: Creating a Life of Meaning and Personal Growth

*James A. Autry*

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## **The Spirit of Retirement: Creating a Life of Meaning and Personal Growth** James A. Autry

Your retirement years should be the best of your life. Free from the burden of making a living, you have in front of you an opportunity for personal development and a time for spiritual growth. These are your years; it is up to you to embrace them and ensure that you enjoy an enriching journey. *The Spirit of Retirement* is your guiding light to creating and sustaining the post-work life you have always envisioned. Bestselling author and retired Fortune 500 executive James A. Autry illuminates a fulfilling path of meaningful endeavors, healthful reflections, and positive outlooks that will help make these years your most treasured. This engaging book highlights many important aspects of your new life, such as • preparing for the transition; • determining who you want to be for the rest of your life and how to get there; • reconnecting with those you love, appreciating your roots, and reinvigorating friendships; • allowing time to develop your inner self. Inside are moving anecdotes from people whose retirement years are filled with beauty, deep meaning, and purpose. Their stories illustrate the good life and special time that retirement should be and what it can be for you when you follow the guidance and apply the principles presented in this book.

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