

## **RESOURCES**

Start With This...A Must:

Your Money or Your Life  
Joe Dominguez and Vicki Robin  
Penguin  
\$15.00

Need a place to begin thinking about the future:

Comfort Zones: Planning Your Future  
Elwood N. Chapman  
Crisp Learning

To help with the big change:

Transitions: Making Sense of Life's Changes  
William Bridges  
Lifelong Press  
\$10.85

The Adult Years  
Frederic M. Hudson  
Jossey-Bass  
\$26.95

Playing Life's Second Half: A Man's Guide for Turning Success into Significance  
David Powell

Planning for protirement by knowing your aptitudes:

Johnson O'Connor Research Foundation  
39 Broadway, Suite 1820  
New York, NY 10006  
(212) 269-0550  
[www.jocrf.org](http://www.jocrf.org)  
\$600

Protireing and still want to work:

Encore  
Marc Freedman  
Public Affairs (A Member Of The Perseus Book Group)  
\$24.95

Also check [www.RetirementJobs.com](http://www.RetirementJobs.com)

What does your personality say about your plans for protirement:

My Next Phase  
Eric Sundstrom, Randy Burnham, and Michael Burnham  
Springboard Press  
\$24.95

Myers-Briggs (self test)  
www.mbticomplete.com  
\$59.95

Strong Interest Inventory  
Must be taken with a counselor. For a directory of counselors:  
- National Career Development Association [ncda.org](http://ncda.org) ( under “Career Center”)  
- National Board for Certified Counselors [nbcc.org](http://nbcc.org)  
\$100 to \$200

Who Am I:

Becoming Who You Are  
James Martin, SJ  
Hidden Spring Press  
\$

An Excellent Transition from Work to Protirement Activity:

How To Write Your Own Life Story  
Lois Daniel  
Chicago Review Press  
\$14.95

Plan to give advice:

From Age-ing to Sage-ing  
Zalman Schachter-Shalomi and Ronald S. Miller  
Warner Books  
\$13.95

Third Quarter of Life Instruments and Books

Third Quarter of Life Guide and Passions, Concern and Strengths Cards  
CareerTrainer  
3629 W. MacArthur Blvd. #201  
Santa Ana, CA 92704  
800-888-4945  
\$35.00 plus tax and mailing

May be useful:

Institute for Life Coping Skills  
[adkinslifefskills.com](http://adkinslifefskills.com)