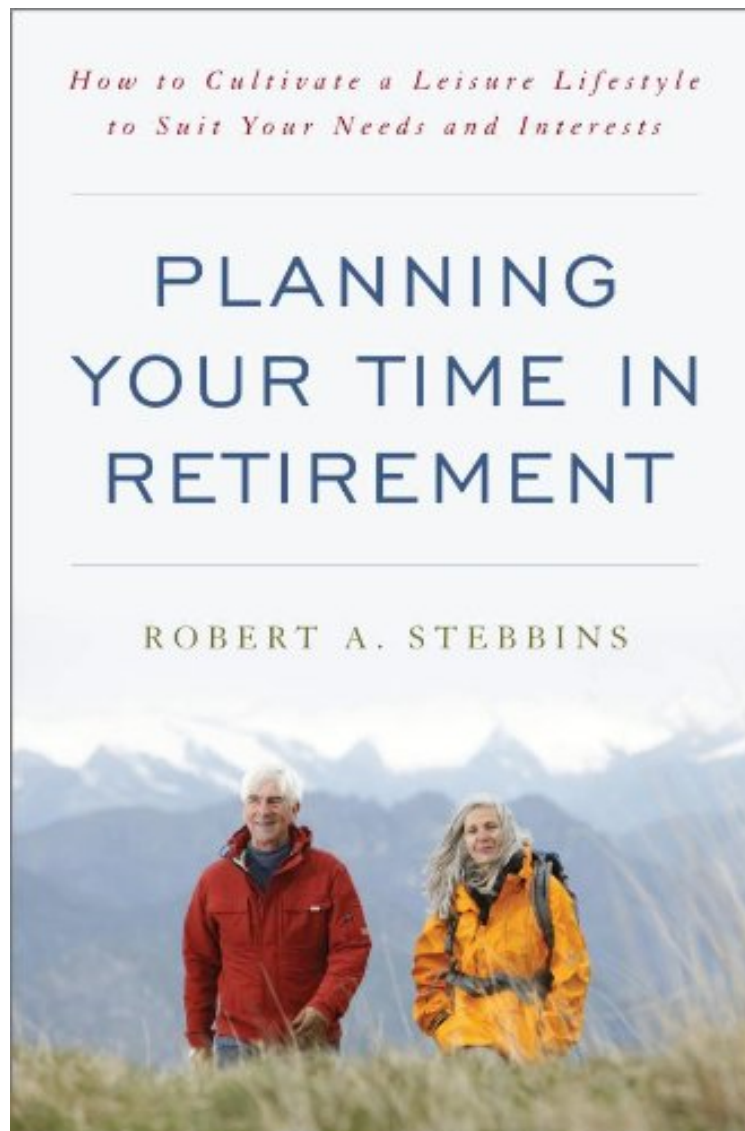


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## Planning Your Time in Retirement: How to Cultivate a Leisure Lifestyle to Suit Your Needs and Interests

Robert A. Stebbins

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**Robert A. Stebbins : Planning Your Time in Retirement: How to Cultivate a Leisure Lifestyle to Suit Your Needs and Interests** before purchasing it in order to gage whether or not it would be worth my time, and all praised Planning Your Time in Retirement: How to Cultivate a Leisure Lifestyle to Suit Your Needs and Interests:

0 of 0 people found the following review helpful. highly recommendedBy Dr Elie Cohen-Gewercmost of us were prepared for professionnal life and the social world going with but very few know what to do with life when retirement

burst out and we do feel an enormous void Robert Stebbins provides here a constructive process of planning a fruitful path towards a new period full of opportunities and renewal energy and creativity. 1 of 1 people found the following review helpful. Don't waste your time on this one By Christopher As I write this in December 2014, there are two reviews prior to mine, one written by a person who co-authored a similar book with the author of this book, and loved this book, and one by "customer" who found it to have "a scholarly tone" and dismissed it. I second the "customer" comments; this book might be an appropriate text for a class in leisure studies, but not much use in actually planning time in retirement. A brief sample, taken out of context, that demonstrates the point (from page 25, second paragraph): "I have so far been able to identify six benefits, or outcomes, of casual leisure. But since this is a preliminary list - my first attempt at developing one - it is certainly possible that future research and theorizing could add to it." Of course, if the potential reader is interested in discovering into which of three categories (serious, casual, or project-based - page 14) his/her activity might fall, then this MIGHT be the book for you - if it weren't for some surprising omissions. For example, there is probably no sport more associated with retirement than golf (at least in the USA), but golf is mentioned ONLY as a professional sport for which the retiree is presumed to be a spectator (page 44) but not listed as a sport that a retiree might compete in (list page 78-79) - unlike singles handball, judo, and iceboat racing (I am not making this up). You may be saying to yourself "Well, I don't actually need a book that tells me I can golf, this reviewer has his hat pulled down too tight". So, you need a book that tells you that you can race iceboats? Also, the index is very poor for an academic book, which only became evident to me when I tried to use it to search for "golf", that had caught my eye during the reading (I don't actually golf). I would recommend instead that a prospective retiree (a category in which I find myself) instead enjoy "How to Retire Happy, Wild, and Free", that has some guidelines for how to identify activities you might be interested in pursuing, rather than placing activities into academic categories. 1 of 1 people found the following review helpful. How DO you want to spend your retirement time? By scarver I thought by the title that this book would helpfully structure how to best use your retirement time. In fact, the first chapter was promising that with a scholarly tone. However, the whole book reads more like a dissertation than a how-to book. Retirement is too short for that; pass on this one.

Much of what is written about getting old has a negative feel to it, which is certainly not entirely unjustified. Health may begin to fail. Finances may become tighter as income dwindles or stops altogether. Family and friends may move away or move on. But the retirement years do not have to be negative or bleak. Within this "dark scenario," a positive existence is possible. *Planning Your Time in Retirement* focuses on the variety of free-time activities available to retirees as related to their physical, social, and economic situation in old age, helping readers find out what their passions are, what the possibilities might be, and how to cultivate their own leisure lifestyle. For some retirees, a post-work existence consisting of fun works well, for they have managed to shape an interesting casual leisure lifestyle based on easygoing activities that make them happy. Seldom included in the popular image of leisure, however, are other types of leisure that are also widely available to retirees. Regardless of means, the retirement years can consist of activities and pastimes that fulfill the interests and pursuits of any retiree. A variety of exciting leisure activities exists, which retirees may pursue within their financial, physical, mental, and geographic limits. This book provides a guide; the serious leisure perspective; for exploring these activities and choosing those that fit one's tastes, aptitudes, and abilities. At its most appealing, a leisure lifestyle includes a balance of easy-to-do casual interests as well as serious ones that require knowledge, effort, and perseverance. For some, enjoyment and fulfillment may come from engaging in volunteer work, while for others it may involve leisure activities from which they gain some form of payment. By employing the notion of positive simplicity; simple living in the domain of leisure; many people at this stage of life can delight in these final years. While time and money cannot be ignored, finding those activities that allow for engagement, reward, and simplicity can result in days, even years, of leisure that is meaningful, enjoyable, healthy, and empowering.

*Planning Your Time in Retirement* covers a topic of ever-increasing importance from a unique perspective. As a professor who has taught courses on the topic of leisure and aging for over 30 years, I especially recommend this book to those who are planning to retire within the next five to ten years. It could help make the difference between a successful retirement and the depression that so many professionals experience shortly after they retire. (Michael J. Leitner, Ph.D., professor in the Department of Recreation and Parks Management at California State University, Chico) *Planning Your Time in Retirement* is a book only Robert Stebbins could write. Not only has Stebbins had a highly successful career as a social scientist, rigorously studying leisure at its best, but he is well-known as a gifted story-teller able to communicate his insights by vividly bringing to life the people he studies. The scientist and the story-teller are evident in this book. Stebbins does a wonderful job of describing ways in which serious, project-based, and casual leisure can be mixed and balanced with the demands of the rest of life to create meaningful retirement lifestyles. The ideas he presents help readers understand the diverse ways in which they can construct lifestyles that contribute to successful aging consistent with their financial resources and social and psychological needs. (Roger C. Mannell, Ph.D., professor of Leisure Studies and Public Health; director of RBC Retirement Research Centre,

University of Waterloo) Robert A. Stebbins explains how those nearing retirement (or those who are retired) might achieve a "life of leisure." So often, we as leisure scholars bemoan the lack of understanding of the benefits of leisure in society today and we encourage people to learn more about the value of leisure. This book teaches the retiree or soon to be retiree about various forms of leisure and how to cultivate a leisure lifestyle. Stebbins presents the principles of his serious leisure framework alongside his philosophy of "positive simplicity" to show retirees how they can make the most of the opportunities presented to them by the freedom from work and other responsibilities afforded people in later life. So rather than dreading retirement, Stebbins encourages retirees not only to embrace this time, but also provides them with a lot of good suggestions as to how they might go about it. (Heather Gibson, professor of Tourism, Recreation and Sport Management, University of Florida)

About the Author Robert A. Stebbins, FRSC, received his PhD in sociology in 1964 from the University of Minnesota. He is now Faculty Professor and Professor Emeritus at the University of Calgary, Canada. Stebbins is an elected Fellow of the Royal Society of Canada, Academy of Leisure Sciences, and World Leisure Academy. He is also an elected member of Phi Beta Kappa, Macalester College Chapter. The serious leisure perspective, which he pioneered, now has its own website at [www.seriousleisure.net](http://www.seriousleisure.net). He is the author of several books including *The Idea of Leisure: First Principles and Personal decisions in the public square: Beyond problem into a positive sociology*, and others.