

## Baby Boomer Survival Guide Live Prosper And Thrive In Your Retirement Davinci Guides

WHY YOU SHOULD NEVER HAVE AN OPERATION IN JULY AND OTHER LIFESAVING ADVICE! "This book offers practical advice about how to keep yourself free from harm and error in hospitals, and how to assert yourself in cases such as getting stuck with a bad roommate or a rude doctor. Includes chapters on taking children to the hospital and how to be prepared before an emergency." — The Wall Street Journal Hospital Survival Guide is the essential patient handbook to ensure that you and your family emerge from hospital visits healthier than before checking-in and without having to endure excessive stays, pain or indignities. Includes practical tips, warnings and surprising information you doctor might not tell you, such as the fact that July, when the new interns start, is the most dangerous month to have a procedure done at a teaching hospital; EMLA anesthetic cream can be requested to be used on children's skin, allowing for less painful I.V. starts; and washing off all iodine-based antiseptics thoroughly after surgery can prevent chemical burns. Proven tips for reducing hospital bills are also presented. Dr Sherer will teach you how to: Find the Best Hospital for Your Condition Demand & Receive the Best Care Avoid Unnecessary Pain & Complications Protect Your Health from Human Error Navigate Emergency Room Care Educate Yourself on Your Condition & Your Rights Protect Your Financial Health & Reduce Your Bills Choose Between Bundling Services Versus "Fee for Service" – Pricing/Pros & Cons Work the System to Get What You Need Maximize New and Innovative Ways to Use the Internet for Self-Education Deal with the Impact of Pandemic Emergencies, Natural Disasters and the Opioid Crisis on Your Care Learn More about Artificial Intelligence, Robotic surgery and Using Big Data Decide if "Medicare for All" is Feasible and the Social Determinants on the Allocation of Healthcare And Much Much More! "I recommend this book for everyone, especially people who are undergoing their first operation in a hospital. Being aware of the services offered or not offered in the hospital and learning ways to reduce anxiety can be invaluable throughout one's hospital stay. For health care providers, the Hospital Survival Guide offers excellent insight into many of the uncertainties that patients face as they enter into the unknown world of the hospital. Even though we hear the alarming statistics every day, the book is a powerful reminder of all of the mistakes that can be made in the course of care and what we all can do to reduce the likelihood of experiencing a medical error ourselves." — P&T® Journal

A structural shortage of qualified workers is creating a zero-sum labor market that is forcing communities to steal talent from each other in order to survive and grow. The cause of this impending economic disaster: a baby boom generation who didn't have enough kids and an education system that has failed to properly prepare students for the new demands of today's market.

Provides information and tips on survival, including making tools, catching fish, finding water, and making a fire without the use of matches.

This book takes new widows on a journey from the first difficult days of widowhood through 12 months of self-discovery. Along the way, you will learn how to handle emotional challenges such as suddenly being alone; how to tackle painful tasks including cleaning out hubby's closet; and how to re-enter the world again in terms of work, personal development and socializing. Guidelines are provided for each new phase, making this book a practical self-help book you can use for re-creating your life. Widow was featured in the January 2013 Small Press Bookwatch as a "Reader's Choice" by Midwest Book Review.

From one of the most beloved and bestselling authors in the English language, a vivid, nostalgic and utterly hilarious memoir of growing up in the middle of the United States in the middle of the last century. A book that delivers on the promise that it is "laugh-out-loud funny." Some say that the first hints that Bill Bryson was not of Planet Earth came from his discovery, at the age of six, of a woollen jersey of rare fineness. Across the moth-holed chest was a golden thunderbolt. It may have looked like an old college football sweater, but young Bryson knew better. It was obviously the Sacred Jersey of Zap, and proved that he had been placed with this innocuous family in the middle of America to fly, become invisible, shoot guns out of people's hands from a distance, and wear his underpants over his jeans in the manner of Superman. Bill Bryson's first travel book opened with the immortal line, "I come from Des Moines. Somebody had to." In this hilarious new memoir, he travels back to explore the kid he once was and the weird and wonderful world of 1950s America. He modestly claims that this is a book about not very much: about being small and getting much larger slowly. But for the rest of us, it is a laugh-out-loud book that will speak volumes – especially to anyone who has ever been young.

Generation Priced Out is a call to action on one of the most talked-about issues of our time: how skyrocketing rents and home values are pricing the working and middle classes out of urban America. Randy Shaw tells the powerful stories of tenants, politicians, homeowner groups, developers, and activists in over a dozen cities impacted by the national housing crisis. From San Francisco to New York, Seattle to Denver, and Los Angeles to Austin, Generation Priced Out challenges progressive cities to reverse rising economic and racial inequality. Shaw exposes how boomer homeowners restrict millennials' access to housing in big cities, a generational divide that increasingly dominates city politics. Shaw also demonstrates that neighborhood gentrification is not inevitable and presents proven measures for cities to preserve and expand their working- and middle-class populations and achieve more equitable and inclusive outcomes. Generation Priced Out is a must-read for anyone concerned about the future of urban America.

Does a longer life mean a healthier life? The number of adults over 65 in the United States is growing, but many may not be aware that they are at greater risk from foodborne diseases and their nutritional needs change as they age. The IOM's Food Forum held a workshop October 29-30, 2009, to discuss food safety and nutrition concerns for older adults.

"A riveting...saga of survival against formidable odds" (Washington Post) about one man who survived a World War II plane crash in Alaska's harsh Yukon territory Shortly before Christmas in 1943, five Army aviators left Alaska's Ladd Field on a routine flight to test their hastily retrofitted B-24 Liberator in harsh winter conditions. The mission ended in a crash that claimed all but one-Leon Crane, a city kid from Philadelphia with no wilderness experience. With little more than a parachute for cover and an old Boy Scout knife in his pocket, Crane now found himself alone in subzero temperatures. Crane knew, as did the Ladd Field crews who searched unsuccessfully for the crash site, that his chance of survival dropped swiftly with each passing day. But Crane did find a way to stay alive in the grip of the Yukon winter for nearly twelve weeks and, amazingly, walked out of the ordeal intact. 81 Days Below Zero recounts, for the first time, the full story of Crane's remarkable saga. In a drama of staggering resolve and moments of phenomenal luck, Crane learned to survive in the Yukon's unforgiving wilds. His is a tale of the capacity to endure extreme conditions, intense loneliness, and flashes of raw terror-and emerge stronger than before.

"The Toddler Survival Guide is a hilarious parody that will leave parents laughing even as it provides practical advise on how they can make it through toddlerhood intact"-- How do people cope with having "caused" a terrible accident? How do they cope when they survive and have to live with the consequences ever after? We tend to blame and forget professionals who cause incidents and accidents, but they are victims too. They are second victims whose experiences of an incident or adverse event can be as traumatic as that of the first victims'. Yet information on second victimhood and its relationship to safety, about what is known and what organizations might need to do, is difficult to find. Thoroughly exploring an emerging topic with great relevance to safety culture, Second Victim: Error, Guilt, Trauma, and Resilience examines the lived experience of second victims. It goes through what we know about trauma, guilt, forgiveness, and injustice and how these might be felt by the second victim. The author discusses how to conduct investigations of incidents that do not alienate second victims or make them feel even worse. It explores the importance support and resilience and where the responsibilities for creating it may lie. Drawing on his unique background as psychologist, airline pilot, and safety specialist, and his own experiences with helping second victims from a variety of backgrounds, Sidney Dekker has written a powerful, moving account of the experience of the second victim. It forms compelling reading for practitioners, risk managers, human resources managers, safety experts, mental health workers, regulators, the judiciary, and many other professionals. Dekker provides a strong theoretical background to promote understanding of the situation of the second victim and solid practical advice about how to deal with trauma that continues after an event leading to preventable harm or even avoidable death of a patient, consumer, or colleague. Listen to Sidney Dekker speak about his book

383 pages of shocking information on how the cost of health care for baby boomers is about to spiral toward the total collapse of the American economy.The government plan is to let millions of elderly and disabled folks die of treatable diseases while the health care system continues killing more than 200,000 patients per year. Find out what "end of life counseling" really means and how to stop it.The current state of health care is in shambles with doctors and nurses accidentally killing more patients than most of the diseases they are treating. The new law has failed to protect the public with patient safety standards, and will soon head us toward a condition of total financial collapse and chaos with thousands of hospitals and clinics closed down and millions of people dying of treatable diseases. Therefore, to avert this inevitable disaster this book examines the history and current state of affairs of the health care industry and proposes both political and personal solutions such as legislating patient safety standards and staying off the "who shall die" lists with interventions for prevention. Once the Government moves us into a single payer system it will have only one choice to save itself from disintegration; to keep spiraling health care costs under control by preventing the old and disabled from receiving expensive life-saving hospital care. Hence, the health care industry, which already has an oversight system in place for pre-authorization of high-priced medical services, supplies, equipment and drugs, will provide only to government-approved recipients after the panels of bureaucrats make their decision on who shall live and who shall die.There is no question that we have been lied to and victimized in what is probably the greatest scam in history. But it didn't just start with Obama's election and the passing of the Patient Protection and Affordable Care Act of 2010; it started decades ago with the advent of the health maintenance organization that forever changed the face of medical practice and health care delivery in the United States. The solutions are within our grasp. Let's hope we can take action before it's too late.

Brent addresses the crucial end-of-life issues nobody wants to discuss, but absolutely must. She provides a comprehensive handbook for family caregivers that highlights the crucial conversations siblings and their aging parents must have.

This is a survival manual for the difficult but exciting road to retirement security.

A smart, down-to-earth primer on financial survival-and prosperity-in today's uncertain economy, from the author of the bestselling Retire on Less Than You Think With Retire on Less Than You Think, New York Times business columnist and editor Fred Brock challenged the conventional wisdom on the real costs of retirement. Now he turns his attention to the hype that is driving money decisions during the working years-credit card debt, health care costs, stagnant wages-and shows how it is possible for all of us to build a secure and prosperous household on less than we think. Brock offers his distinctive brand of savvy, real-world advice, including how to - assess the real money value of your job based on commuting costs, benefits, and job market opportunities - get the most out of location, from tax savings and living costs - minimize your housing costs while maximizing your assets - manage major expenses, like college tuition and cars - cut expensive habits and pay attention to the "little" things to boost your savings - get to the bottom line on insurance - play the credit card game to your advantage Brock shows readers how to analyze their true costs of living so that they can live debt- and worry-free while enjoying themselves and securing their future. A substantial list of national, regional, and online resources as well as work sheets once again give readers the tools to customize and realize their financial plans.

Fully updated and revised, this new edition of The Baby Boomer Survival Guide is the premier roadmap to retirement for anyone focused on financial security. This is a comprehensive, easy-to-understand guide that covers all the significant financial, healthcare, and lifestyle-related considerations today's baby boomer generation need to know.

Study the data, measure your risk, and get better returns Tired of being let down by other people's investment advice? Don't worry! Charting For Dummies, Australian Edition, is the smart way to get on a winning track. This non-intimidating guide explains technical analysis and provides the tools you need to develop guidelines you can trust -- your own. Discover how to: Identify the trends Improve your timing Never take a big loss again Plan the trade from start to finish Treat trading and investing as a business Know when to sell

Happy New Almanac Year! It's time to celebrate the 230th edition of The Old Farmer's Almanac! Long recognized as North America's most-beloved and best-selling annual, this handy yellow book fulfills every need and expectation as a calendar of the heavens, a time capsule of the year, an essential reference that reads like a magazine. Always timely, topical, and distinctively "useful, with a pleasant degree

of humor," the Almanac is consulted daily throughout the year by users from all walks of life. The 2022 edition contains the fun facts, predictions, and feature items that have made it a cultural icon: traditionally 80 percent-accurate weather forecasts; notable astronomical events and time-honored astrological dates; horticultural, culinary, fashion, and other trends; historical hallmarks; best fishing days; time- and money-saving garden advice; recipes for delicious dishes; facts on folklore, farmers, home remedies, and husbandry; amusements and contests; plus too much more to mention--all in the inimitable Almanac style that has charmed and educated readers since 1792.

Explores the intricacies of, and offers practical guidance on the Patient Protection and Affordable Care Act.

Renowned writing coach Alan Gelb shows baby boomers how to create "last says"—short personal narratives that serve as a powerful form of life review. As the baby-boomer generation ages, its members are looking ahead to the biggest challenge of all: making sense of life in its third act. Having the Last Say takes life review out of the realm of memoir writing and journaling—making the rich and timeless tradition of authentic storytelling accessible to those who have never considered themselves "writers." In creating "legacies" in the form of short personal narratives, you will have the opportunity to reflect on the people, actions, and events that have shaped your life and your values, and to share these stories with those who matter most. Gelb's reassuring and straightforward advice will help you every step of the way, from identifying an engaging topic to employing creative writing techniques to construct a compelling story.

As our population continues to age, learning how to do it well becomes even more important and benefits those who consider it thoughtfully. Aging Wisely promotes behaviors and actions that will help people age well, maximizing pleasure and productivity as they grow older. Levine discusses the aging process and various diseases that are prevalent in the later years, as well as strategies people can utilize to lead fulfilling lives and reduce their risk of physical and cognitive decline.

Baby Boomer women are the first generation of women to retire from professional career roles. These women were uniquely born into a generation known for breaking down traditional societal barriers and searching for personal fulfillment. They pioneered their entrance into the male-dominated professional workplace and persevered to levels of unprecedented success. These are strong, bright women. So why wouldn't retirement be an easy transition for them? Unfortunately, these trailblazing women are ill prepared for the psychological challenges of retirement, and there are no roadmaps and few female role models to guide them. Dr. Rita Smith interviewed over 200 Baby Boomer professional women, and found a common experience among them—being unprepared for "retirement shock." Empty Nest, Empty Desk, What's Next? shares these women's stories, their challenges, and their successes. The book also includes a Boomer Retirement Re-Imagined Roadmap© which, along with interactive exercises, provide the missing guidance and support to help Baby Boomer professional women reinvent a retirement that works!

Baby Boomer Survival GuideLive, Prosper, and Thrive in Your RetirementHumanix Pub Llc

The Cancer Survival Guide will lead you through what will undoubtedly be the most crucial healthcare decisions you'll ever make. This definite manual to understanding, managing and preventing the diseases offers the most comprehensive and up-to-date information. Rely on the Cancer Survival Guide to address every facet of this illness that not only affects the sufferer's physical well-being and lifestyle, but one whose reverberations are also felt emotionally and spiritually, impacting family, friends, and caregivers alike.

Over the next 30 years we will be supporting huge numbers of people through the transition of life that is the journey of old age and the pathway to death. The fact remains that death and taxes are a surety in life, but the pathway doesn't have to be negative and fruitless. This is a great book to use as an education and planning tool for the Baby Boomer and their parents. It is also a great book to gift to your older parents if you are concerned about having the "difficult conversations." I ask all who read this book to be brave in the face of change as you all have the power to make change or decide to stay the same. So, take every opportunity to engage in the most important part of your life's journey and remember it is all about you.

"When it comes to living, there's no getting out alive. But books can help us survive, so to speak, by passing on what is most important about being human before we perish. In The Existentialist's Survival Guide, Marino has produced an honest and moving book of self-help for readers generally disposed to loathe the genre." —The Wall Street Journal Sophisticated self-help for the 21st century—when every crisis feels like an existential crisis Soren Kierkegaard, Frederick Nietzsche, Jean-Paul Sartre, and other towering figures of existentialism grasped that human beings are, at heart, moody creatures, susceptible to an array of psychological setbacks, crises of faith, flights of fancy, and other emotional ups and downs. Rather than understanding moods—good and bad alike—as afflictions to be treated with pharmaceuticals, this swashbuckling group of thinkers generally known as existentialists believed that such feelings not only offer enduring lessons about living a life of integrity, but also help us discern an inner spark that can inspire spiritual development and personal transformation. To listen to Kierkegaard and company, how we grapple with these feelings shapes who we are, how we act, and, ultimately, the kind of lives we lead. In The Existentialist's Survival Guide, Gordon Marino, director of the Hong Kierkegaard Library at St. Olaf College and boxing correspondent for The Wall Street Journal, recasts the practical takeaways existentialism offers for the twenty-first century. From negotiating angst, depression, despair, and death to practicing faith, morality, and love, Marino dispenses wisdom on how to face existence head-on while keeping our hearts intact, especially when the universe feels like it's working against us and nothing seems to matter. What emerges are life-altering and, in some cases, lifesaving epiphanies—existential prescriptions for living with integrity, courage, and authenticity in an increasingly chaotic, uncertain, and inauthentic age.

Vanity Fair columnist Michael Kinsley escorts his fellow Boomers through the door marked "Exit." The notorious baby boomers—the largest age cohort in history—are approaching the end and starting to plan their final moves in the game of life. Now they are asking: What was that all about? Was it about acquiring things or changing the world? Was it about keeping all your marbles? Or is the only thing that counts after you're gone the reputation you leave behind? In this series of essays, Michael Kinsley uses his own battle with Parkinson's disease to unearth answers to questions we are all at some time forced to confront. "Sometimes," he writes, "I feel like a scout from my generation, sent out ahead to experience in my fifties what even the healthiest Boomers are going to experience in their sixties, seventies, or eighties." This surprisingly cheerful book is at once a fresh assessment of a generation and a frequently funny account of one man's journey toward the finish line. "The least misfortune can do to make up for itself is to be interesting," he writes. "Parkinson's disease has fulfilled that obligation."

As boomers prepare to retire in an economic climate that has many rethinking their plans, it is crucial that they take every facet of their golden years into consideration. DaVinci's Baby Boomer Survival Guide is the premier roadmap to retirement with the postwar generation in mind. Authors Barbara Rockefeller and Nick Tate team up to craft this comprehensive, easy-to-understand guide that covers all necessary financial, healthcare, and lifestyle-related considerations, like: \* Optimal retirement age and Social Security filing strategy \* Intelligent investing \* Housing and reverse mortgages \* Wills and trusts \* Long-term healthcare and Medicare \* Staying healthy, both mentally and physically \* Best places to live based on income, and much more...

"Powerful... Tells a singular story to illuminate a universal truth."--The New York Times Book Review The shocking truth about postwar adoption in America, told through the bittersweet story of one teenager, the son she was forced to relinquish, and their search to find each other During the Baby Boom in 1960s America, women were encouraged to stay home and raise large families, but sex and childbirth were taboo subjects. Premarital sex was common, but birth control was hard to get and abortion was illegal. In 1961, sixteen-year-old Margaret Erle fell in love and became pregnant. Her enraged family sent her to a maternity home, and after she gave birth, she wasn't even allowed her to hold her own son. Social workers threatened her with jail until she signed away her parental rights. Her son vanished, his whereabouts and new identity known only to an adoption agency that would never share the slightest detail about his fate. Claiming to be acting in the best interests of all, the adoption business was founded on secrecy and lies. American Baby lays out how a lucrative and exploitative industry removed children from their birth mothers and placed them with hopeful families, fabricating stories about infants' origins and destinations, then closing the door firmly between the parties forever. Adoption agencies and other organizations that purported to help pregnant women struck unethical deals with doctors and researchers for pseudoscientific "assessments," and shamed millions of young women into surrendering their children. Gabrielle Glaser dramatically demonstrates the power of the expectations and institutions that Margaret faced. Margaret went on to marry and raise a large family with David's father, but she never stopped longing for and worrying about her firstborn. She didn't know he spent the first years of his life living just a few blocks away from her; as he grew, he wondered about where he came from and why he was given up. Their tale--one they share with millions of Americans--is one of loss, love, and the search for identity. Adoption's closed records are being legally challenged in states nationwide. Open adoption is the rule today, but the identities of many who were adopted or who surrendered a child in the postwar decades are locked in sealed files. American Baby illuminates a dark time in our history and shows a path to reunion that can help heal the wounds inflicted by years of shame and secrecy.

There are two important aspects to natural cures – specific remedies for ailments and a diet/lifestyle that allow your body to function properly. A health condition, whether long-term or temporary, is a sign that things aren't working as they should. When this occurs, you need to make changes. This book addresses both points: relieving symptoms as well as identifying and correcting underlying diet and lifestyle habits that contribute to the particular problem. Dr. Blaylock believes that many health conditions can be improved and symptoms alleviated through nutritional intervention. While he often recommends supplements, in many cases, a change of diet will have a dramatic impact on improving your well-being. The book discusses diagnosis and treatment of hundreds of medical conditions for both men and women from digestive issues, skin problems, brain health, eyesight, pain, prostrate disorders or respiratory conditions. Chronic ailments from arthritis, obesity, high blood pressure and diabetes are also explained. In this breakthrough health book by a doctor who is expert in the use of nutrition as therapy, Dr. Blaylock demonstrates how natural cures have two equally important aspects: Specific remedies for what ails you, and a diet and lifestyle that enable your body to function well. A health condition, whether temporary or chronic, is a sign that things aren't working the way they're supposed to, and that changes need to be made. This book is designed to help you address both points: relieve symptoms to over 70 health conditions, and identify and correct underlying diet and lifestyle habits that contribute to the problem and can perpetuate it.

Provides advice and information on retirement for baby boomers, including financial guidance and healthcare help.

When faced with cancer, timely and educated healthcare decisions are crucial to recovery. Put the odds in your favor with the help of Cancer Survival Guide — the leading manual of its kind, offering the most comprehensive and cutting-edge information on the subject, such as: • Comprehensive info on the 13 most common cancers including lung, breast, prostate, and colon • New genetic tests that can reveal your risk • Early detection and prevention techniques • Latest medical breakthroughs and miracle drugs • Alternative therapies that really work • How to find the best treatments and doctors • Locate a lifesaving clinical trial near you • Find cost-effective therapies and free resources Don't let a cancer diagnosis fill you with feelings of fear, panic, and helplessness. Take back your power with Cancer Survival Guide.

AWARDS: Silver Living Now Book Award, Mature Living/Aging 2014 (Silver) If you're one of the 25 million single women over the age of 45 living in the United States today, AARP's The Single Woman's Guide to Retirement is your new best friend. Walking you through the challenges of retired or pre-retired life, from managing your finances to staying healthy in body, mind, and spirit, dealing with divorce, and even looking for love or work, the book covers the issues that really matter to you. Whether you're looking for a retirement home or planning a cruise, this book is packed with specific details to help take the guesswork out of retirement. Author and retirement expert Jan Cullinane has gathered real-life stories from women just like you to illustrate your options and give you fresh new ideas about how to make the most of your retirement years.

Just in time for the 40th anniversary of Saturday Night Live, a rollickingly updated edition of LIVE FROM NEW YORK with nearly 100 new pages covering the past decade. When first published to celebrate the 30th anniversary of Saturday Night Live, LIVE FROM NEW YORK was immediately proclaimed the best book ever produced on the landmark and legendary late-night show. In their own words, unfiltered and uncensored, a dazzling galaxy of trail-blazing talents recalled three turbulent decades of on-camera antics and off-

camera escapades. Now a fourth decade has passed---and bestselling authors James Andrew Miller and Tom Shales have returned to Studio 8H. Over more than 100 pages of new material, they raucously and revealingly take the SNL story up to the present, adding a constellation of iconic new stars, surprises, and controversies.

The foreign exchange market is huge, fascinating and yet widely misunderstood by participants and non-participants alike. This is because its unanswered questions are numerous. For instance, what is the purpose of the \$4 trillion per day trading volume? What determines currency trends and who are the players in the FX arena? Does FX drive other financial markets, or is it the passive end-product of all the other markets? FX is without clear supply and demand factors, so how do traders determine sentiment and price direction? Much is written in an effort to answer these questions, but a lot of it is just noise. In the 12 pieces here, Barbara Rockefeller and Vicki Schmelzer draw on their combined 50 years' experience in foreign exchange to cut through the clutter and provide an elegant and razor-sharp look at this market. Their analysis is accurate, useful and enlivened by many anecdotes and examples from historic market events. They cover: - How the matrix concept can help observers understand foreign exchange market action - What professional FX traders take into consideration before entering into positions - Whether the FX market can be forecast - The interplay between foreign exchange and other financial markets - How technology has levelled the playing field between big and small players, and at what cost - Whether the prospect of reserve currency diversification away from the dollar is likely - The toolkit that central banks use to manage national economies and the effect of this on currencies 'The Foreign Exchange Matrix' is the go-to book for anyone seeking a deeper understanding of the world of foreign exchange.

This authoritative guide helps Baby Boomers navigate their way through a host of issues that typically affect careers from the midpoint onward toward retirement. \* Comprises ten chapters in three sections: one on changes in the workplace during the Baby Boom years; one on specific challenges Baby Boomers face in their careers; and one on achieving goals, including starting a business and planning for retirement \* Presents charts and graphs explaining relevant statistical data \* Offers a bibliography of helpful additional sources in print and online

This book explains the dangers of trans fat, commonly called hydrogenated and partially hydrogenated fat, as well as how to recognise them in every day foods by properly reading nutritional labels. Along with trans fat, you will learn the different types of fats, which ones are beneficial, and which ones should be used for cooking, baking or eating. Not to leave the reader hanging with questions on how to eliminate dangerous fats and take on a healthier approach to life, there are several sections dealing with how to make those changes, transitioning healthier foods into their eating plan. This book will encourage and empower you to make better choices and learn to live an optimal and healthy life. A practical plan for the millions of people in their fifties and sixties who find themselves out of work, unable to find a job, and financially incapable of retiring, Elizabeth White shows how to get past any blame or shame, overcome denial, and find a path to a new normal. Elizabeth White has an impressive resume, which includes advanced degrees from Harvard and Johns Hopkins and a distinguished employment history. She started a business that failed and then tried to reenter the work force in her mid-fifties, only to learn that there is little demand for workers her age. For a while Elizabeth lived in denial, but then had to adjust to her new reality, shedding the gym membership, getting a roommate, forgoing restaurant meals, and so on. She soon learned she wasn't alone: there are millions of Americans in her predicament and worse, exhausted from trying to survive and overcome every day. In 55, Underemployed, and Faking Normal, Elizabeth invites you to look beyond your immediate circumstances to what is possible in the new normal of financial insecurity. You're in your fifties and sixties, and may have saved nothing or not nearly enough to retire. It's too late for blame or shame—and it wouldn't help anyway. What you want to know is what you can do now to have a shot at a decent retirement. "This relevant and well-researched book will appeal not only to those 55 plus, but to the generation coming right behind them who may face similar issues" (Booklist, starred review). 55, Underemployed, and Faking Normal is a must-have for anyone whose income has suddenly diminished or even disappeared. "Providing practical solutions with a focus on retirement and maximizing savings, White maintains authority with a realistic, empathetic tone throughout. This deeply useful work will resonate with aging readers of all income levels and situations" (Publishers Weekly). If you're ready to get serious about feeling good again, this book is for you.

Baby Boomer's Survival Guide. Unique Generation. Unique Challenges. Unique Solutions. From the lives of baby boomers: "My parents believed in The American Dream and had EVERYTHING stolen from them." "The 70-year-old widow was thrown out of her own home and forced to settle for a tiny fraction of what she was entitled to, with no place to live in the end." "Why must I go through my whole inheritance, all my savings, deplete all my finances - in order to get a bed and some medication - after living a dream life, after doing EVERYTHING right all my life?" ..".Children, spouses, ex-spouses, siblings, and even newly found "relatives" will fight. And fight. And fight..." ..".They ran from one attorney to another attorney, crying, begging for help. But nothing could be done. The apartments didn't belong to them...." "My mom was a lifetime Republican, born into affluence. She was entitled to a pension. But in the time it takes you to read this sentence, her life's finances were wiped out."

"Chad is a verbal cannon with common sense." — Glenn Beck "This book is classic Chad Prather, which is to say insightful, manly, funny—absolute must read!" — Dinesh D'Souza "The World needs Chad Prather more than ever. He's a throwback to a saner and more fun-loving America. His rants are OUR rants." — Charlie Kirk "In a time when we are constantly lectured by powerful elites, Chad Prather brings a much needed common sense sanity to the political landscape. I unapologetically endorse this patriot." — Dave Rubin Chad Prather — "a modern-day Will Rogers" — is just your friendly neighborhood cowboy philosopher, gazing into the sweet tea leaves at the bottom of his cowboy hat, pondering a most fundamental question: "Am I crazy? Or is the world crazy...?" Chad finds life amusing, baffling, sometimes heartwarming, and downright interesting, and wants to share personal stories and witty observations on the hasty growth of insanity within the folds of society, and inspire critical thinking about the state of our modern culture. In this series of humorous essays — reminiscent of the rants he is famous for doing from his truck in Texas — Chad takes on all the problems he has with the modern age, and also talks about some of the problems that we have with each other. Problems with kids, problems with spouses, problems with our bosses at work, and of course problems with all those other jackwagons we work with. What are some of the basic things you need to know if you're going to

survive marriage and parenthood? Whatever happened to decency, hard work, and a sharing of the basic values that made us great in the first place? When did it become unfashionable to believe in God, to go to church on Sunday, or to send our "thoughts and prayers" toward those having a difficult time? When did it become child abuse to spank your kids, instead of child abuse to avoid it? Why do we have such visceral reactions to politics when — by and large — we know so little about how it actually works? When is social media going to finally stop messing around and just bring the full-on possession? And why is it that, as we march further and further along the road of progress — growing our collective knowledge and technological means of dealing with life along the way — we seem to be regressing socially at an equally break-neck pace? AM I CRAZY?: An Unapologetic Patriot Takes on the Insanity of Today's Woke World explores human misbehavior and stupidity in all its naked splendor with laugh-out-loud humor. JOIN THE CHAD PRATHER POSSE!

WHAT DOES RETIREMENT MEAN TO YOU? Will your retirement be a comfortable and enjoyable new stage of adulthood or a time of uncertainty, strict economizing, and reduced options? As retirement planning guru Bambi Holzer explains, the choice is yours but the time to act is now, while you're still learning a steady income. Written by a baby boomer for baby boomers, in clear, nontechnical language, Retire Rich takes the fear and mystery out of planning, saving, and investing for the future, whether you're just getting started or well along in your retirement planning. Enhanced by helpful charts, tables, and worksheets, Retire Rich offers you a golden opportunity to secure your financial future and enjoy the peace of mind that comes with taking charge of this very important part of your life. "With Bambi's help and advice, a person can truly plan successfully for a secure retirement. Every baby boomer will benefit from reading this book." Donald A. Connelly, Senior Vice President, Putnam Investments "Entrepreneurs lose sleep worrying about managing their money every night. Bambi Holzer's readable book provides clear, in-depth strategies for managing your personal funds, pensions, and investments." Jane Applegate, author of 201 Great Ideas for Your Small Business "If you're starting to think about investing for retirement, follow this clear, easy-to-understand road map to financial survival. Don't invest without reading Bambi Holzer's book first." David Horowitz, Consumer Advocate, Fight Back! Productions "An accurate and practical resource, easily understandable by nontechnical readers boomer or not." Dennis Duitch, Senior Partner, DPS & Company, LLP A money book club selection

Are you nervous about delivering a baby for the first time? Are you anxious and confused about the changes happening to your body? Then you need to keep reading... As soon as a few weeks after conception, the pregnant body sees drastic changes. Due to dramatic increases in progesterone, estrogen, and other hormones, women can experience a range of shocking symptoms: hair will become thicker and grow in new areas, bones soften, lung capacity increases, the heart enlarges, and much more. For first-time mothers, learning to differentiate between what's expected and what's abnormal can cause a large amount of needless stress, leaving less time to think about what really matters. In First Time Mom, you'll discover: The EXACT formula for a healthy, joyous pregnancy. (By adopting these lifestyle changes, you can ensure a smooth and stress-free nine months ahead!) Everything you can expect from each trimester and beyond. The warning symptoms that you should never ignore. Pregnancy secrets that no one ever tells you about. Ten crucial facts about newborns that all parents must be aware of. The truth about what to expect in the delivery room. Seven important pieces of advice that all first-time moms MUST know. (Abiding by these tips are a sure path to a happy newborn and mom!) And much, much more... As a FREE bonus, you'll also receive a free chapter from The Mindful Path to Self Compassion because we truly believe that every baby is much happier when mom has learned to be kind to herself. Even if you are clueless about pregnancy, or constantly feel like you don't know what you're doing, the extensive research behind this guide can ensure you'll cultivate unwavering confidence during this important time, and learn all the vital information needed to nurture a happy, healthy baby, paving your way to a promising and soul-enriching motherhood. By relying on the expert research behind this guide, you'll learn exactly what symptoms to expect during each stage of your pregnancy, what they mean, and all the expert tricks to ease any difficulty that arises with your body or your baby. If you want to access this advanced information only known to experienced mothers and midwives, then you should read this book!

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