



The Challenge of Retirement

Trish Murphy

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At the end of a working life, we all hope to enjoy our retirement, but many people find it difficult to adjust to a life after work. Building on her twenty years of experience running courses on preparing for retirement and redundancy, psychotherapist Trish Murphy understands the challenges of entering this new phase of life. More and more, retiring individuals and couples find that the focus of their attention is on not 'putting up' with the way things were but with demanding better lives and relationships and 'living fully'.

An engaging and necessary guidebook for this important stage of life, *The Challenge of Retirement* focuses on the psychological aspects of retirement, addressing such issues as:

Managing relationships

Sexuality

Mental health

Self-care

Intergenerational living

As we are all living longer, the messy business of life goes on – as does the need to develop skills and approaches to meet new and difficult challenges.

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