



# WHAT THE HELL DO I DO NOW? A Professionals' Guide to a Meaningful Retirement

R. Dean White

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### WHAT THE HELL DO I DO NOW? A Professionals' Guide to a **Meaningful Retirement**

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This is a guide for baby boomers who are about to retire from an all-consuming profession, and are concerned about what they are going to do next. Retirement for Type "A"• overachieving professionals can be an opportunity to do something else that is equally as important as what they once did. This book explores the nature of change, balance, aging, health, boredom, solitude, thankfulness, volunteering, mentoring, freedom, legacy and the art of piddling.



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