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Coping Through Transitions

Positive Aging Guide from Retirement Expert



Nancy K. Schlossberg, EdD, is professor emerita of Counseling and Personnel Services at the University of Maryland. She has published several books on retirement, delivered more than 100 keynote addresses, and has been quoted in publications such as *USA Today*, *New York Times*, and *Family Circle*. Her most recent book is *Too Young to Be Old: Love, Learn, Work, and Play as You Age*.

“Over the years, I interviewed hundreds of people who were dealing with transitions, many of which concerned questions about aging: Will I outlive my money? Will I be alone? Is romance still in the picture? How will I deal with either being a caregiver or being cared for? I decided to share what I learned from these interviews and from psychologists who study adult development and aging. I wanted to share what I have learned about transitions and how to deal with them. I wanted to challenge ageism and help us all come to terms with our love-hate relationship with aging. But most importantly, I wanted to suggest ways to face aging with creativity.”

**Her book *Too Young to Be Old*
is for sale in the APA Bookstore!**



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