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paperback | ca 15,000 words  
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## Happily retired! 123 tips for a new start

### Mark Claus

- ▶ Start a new life once you are retired
- ▶ Attractively designed gift book with lots of humour

Are you on the verge of retirement? Congratulations! Now it's up to you to make a fresh start and begin this new chapter in your life!

This book can be a great help. It gives answers to the following questions:

- How can you prepare for a new career once you're retired?
- How do you say goodbye to your work and colleagues?
- Where do you get your inspiration from?
- How do you cope with the retirement of your partner?
- How do you stay focused?
- Why is humour so important?
- Where do you find new challenges?
- How do you take good care of yourself?

Until he retired himself, Mark Claus helped people that were about to retire. The book is illustrated with examples taken from daily life, and offers you both inspiration and excellent tips to enjoy life once you have retired. The author helps you to discover everything that a senior citizen needs to know to keep his or her life interesting and exciting.

Previously published by this author: *The secret of a successful retirement* and the gift book *Happy retirement!*



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## Life starts today – 123 inspiring thoughts to start your second life

### Mark Claus

- ▶ Ideal as a birthday present
- ▶ Illustrated with examples taken from daily life

There are many ways to grow old. You can harden up or walk around with a long face, but it is also possible to live up, get better in the things you do and become wiser. *Life starts today* is full of inspiration for everyone who has faith in the success of his or her second life.

The ideal gift for those that have just passed their fifties as well as for those that passed that threshold some time ago. 123 inspiring thoughts that cheer up the second part of your life.

Mark Claus publishes gift books on aging, retirement and the last years of one's working life.