

## PLANNING YOUR TIME IN RETIREMENT

HOW TO CULTIVATE A LEISURE LIFESTYLE TO SUIT YOUR NEEDS AND INTERESTS

**BY ROBERT A. STEBBINS**

### ABOUT THE BOOK

As the greying of our population continues, retirees are enjoying more and more healthy years of retirement, and those years can be productive, enjoyable, and rewarding. This work speaks to those retirees who wish to enjoy their golden years doing things they enjoy – but things they take seriously, like learning to play an instrument, or taking on a new project they'd been putting off. This book promotes the idea of living out one's years in pursuit of activities that are meaningful and rewarding. Those activities vary from person to person, and this book helps guide readers to finding those leisure pursuits they will most enjoy. The result is the planning of a leisure lifestyle that is tailor-made by the individual to suit that person's tastes, talents, and financial situation.

### PRAISE FOR THE BOOK

"*Planning Your Time in Retirement* covers a topic of ever-increasing importance from a unique perspective. As a professor who has taught courses on the topic of leisure and aging for over 30 years, I especially recommend this book to those who are planning to retire within the next five to ten years. It could help make the difference between a successful retirement and the depression that so many professionals experience shortly after they retire."

—**Michael J. Leitner, Ph.D., professor in the Department of Recreation and Parks Management at California State University, Chico**

"*Planning Your Time in Retirement* is a book only Robert Stebbins could write. Not only has Stebbins had a highly successful career as a social scientist, rigorously studying leisure at its best, but he is well-known as a gifted story-teller able to communicate his insights by vividly bringing to life the people he

studies. ... The ideas he presents help readers understand the diverse ways in which they can construct lifestyles that contribute to successful aging consistent with their financial resources and social and psychological needs."

—**Roger C. Mannell, Ph.D., professor of Leisure Studies and Public Health; director of RBC Retirement Research Centre, University of Waterloo**

"... This book teaches the retiree or soon to be retiree about various forms of leisure and how to cultivate a leisure lifestyle. Stebbins presents the principles of his serious leisure framework alongside his philosophy of "positive simplicity" to show retirees how they can make the most of the opportunities presented to them by the freedom from work and other responsibilities afforded people in later life. ..."

—**Heather Gibson, professor of Tourism, Recreation and Sport Management, University of Florida**

### ABOUT THE AUTHOR

**Robert A. Stebbins**, FRSC, received his PhD in sociology in 1964 from the University of Minnesota. He is now Faculty Professor and Professor Emeritus at the University of Calgary, Canada. Stebbins is an elected Fellow of the Royal Society of Canada, Academy of Leisure Sciences, and World Leisure Academy. He is also an elected member of Phi Beta Kappa, Macalester College Chapter. The serious leisure perspective, which he pioneered, now has its own website at [www.seriousleisure.net](http://www.seriousleisure.net). He is the author of several books including *The Idea of Leisure: First Principles*, *Personal decisions in the public square: Beyond problem into a positive sociology*, and others.

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