



Retirement Sucks: A Guide for Men

Fritz Fuhs

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Retirement is the culmination of the American Dream. It is a highly anticipated time in life and many people spend much of their working years planning and preparing financially for this next phase. But very few find themselves ready emotionally or physically when the big day comes. And for many, especially men who rooted their identify in their work, retirement can be a lonely, frustrating time. Fritz Fuhs retired at age 62 and wrote this book over a period of 20 years to help others who may be having difficulty adjusting to retirement and a new lifestyle. As a counselor, father and husband, Fritz spent much of his life helping those around him deal with day to day challenges and major life adjustments. So it was only natural that when he retired he wanted to continue to help others by sharing his own experiences. This is a book that men at any stage of their retirement or planning can relate to and learn from. It will help them enjoy their journey and deal with societal pressures, expectations, loneliness and other feelings that can accompany this highly anticipated time in their life.

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