Free Type A Personality Test: [http://www.psych.uncc.edu/pagoolka/TypeAB.html](http://www.psych.uncc.edu/pagoolka/TypeAB.html)

Great Overview of Risks & Pitfalls for When Type A’s Retire:


Great Book on the New Meanings of “Retirement”:

*Breaking the Watch: The Meanings of Retirement in America*, Joel S. Savishinsky (Cornell University Press, 2002)

Encore Careers:

See anything by Marc Freedman, who owns this space, including [www.encore.org](http://www.encore.org), and *The Encore Career Handbook: How to Make a Living and a Difference in the Second Half of Life*, Marci Alboher (Workman, 2012)

Introductions to Longitudinal Studies:


*Successful Aging: The MacArthur Foundation Study Shows You How the Lifestyle Choices You Make Now—More Than Heredity—Determine Your Health And Vitality*, John W. Rowe, MD, Rovert L. Kan, PhD, (Pantheon, 1998)

Also see: The Terman Study (and its many iterations), The Duke Study, The Baltimore Longitudinal Study, Longitudinal Studies of Aging (CDC, see [http://www.cdc.gov/nchs/lsoa.htm](http://www.cdc.gov/nchs/lsoa.htm)), Victoria Longitudinal Study, Seattle Longitudinal Study, English Longitudinal Study on Aging, Canadian Longitudinal Study on Aging, Nihon University Japanese Longitudinal Study of Aging, and others

Not So Useful: Studies of long-lived peoples in various parts of the world (too many variables)

On Brain & Other Developments with Advanced Age:

Speeches, lectures, blogs, web sites, and books by Laura Carstensen, Director, Stanford Center on Longevity (she champions the 50/50 career, first 50 years for success, second 50 years for service)

*The Creative Age: Awakening Human Potential in the Second Half of Life*, Gene D. Cohen, MD/PhD (Harper, 2001)


*The Wisdom Paradox: How Your Mind Can Grow Stronger As Your Brain Grows Older*, Elkhonon Goldberg (Gotham, 2006)