

Assisted Living Experts Co-author an All-inclusive Book on 'The 6 Secrets To A Happy Retirement'

SeniorCareHomes.Com shares their expertise and knowledge in a retirement book with other industry experts

MISSION VIEJO, CA, July 1, 2013 /EINPresswire.com/ -- SeniorCareHomes.Com, [Assisted Living Experts](#) and a leader in the provision of online listings, news and information on assisted living facilities nationally, recently participated in co-writing a book labeled The 6 Secrets to a [Happy Retirement](#): How to Master the Transition of a Lifetime. In addition to providing assisted living information and literature to seniors and their families, the other contributors discuss all major aspects involved with retirement- financial, emotional and physical.



The Six Secrets to a Happy Retirement

The 6 Secrets to a Happy Retirement: How to Master the Transition of a Lifetime is aimed at helping families prepare for the next big steps in their lives. Today, more than 10,000 Baby Boomers turn 65 years old every day for the next 20 years. The U.S. Administration on Aging forecasts that the 65 years and older population will be about 72.1 million older persons by 2030, more than twice their number in 2000.

"We are very honored and excited to be a co-author in The 6 Secrets to a Happy Retirement: How to Master the Transition of a Lifetime. With the 65 and over population growing at record speeds, education and awareness will be their biggest key to a happy, healthier life," says Kate Allado, Co-Founder and C.O.O. of SeniorCareHomes.Com. "What makes this book special is not only the other industry leaders sharing their wealth of knowledge, but also the book is concise and to the point. Our goal was to make it easy for everyone to understand how they can become prepared."

Published by ATA Press and released throughout the United States, the [Retirement Living Book](#)' chapters include Answers to the Two Most Important Retirement Questions; Social Security and Retirement Planning; Retirement Conversations for Couples; How to be Your Best Inside Out, Even After 50; the Four Pillars of Health; and The Ins and Outs of Retirement Living and Senior

Care.

“A successful, healthy retirement is about coordinating all aspects of your life, while continuing to pursue your passions and your family life,” says Mark Singer, editor and co-author of the book. “Beyond the financial are the emotional and physical elements, such as eating healthy and exercising regularly, dealing with your newly found free time, downsizing into a new life, finding a place to live, dealing with your partner in this new chapter of life, and so much more.”

The 6 Secrets to a Happy Retirement: How to Master the Transition of a Lifetime is available now through Amazon.com and other online retailers.

SeniorCareHomes.Com empowers families to make the best, informed Senior Living decisions for their loved ones. SeniorCareHomes.Com is a free resource with details and pictures of each Assisted Living, Care Home, Alzheimer’s Memory Care and Independent Living Community across the entire United States.

Senior Care Homes.Com was created to truly understand the needs and concerns of families in need of Independent Living, Assisted Living and Alzheimer’s Care for their loved ones. With SeniorCareHomes.Com team’s 80+ years combined experience in health care, they are able to understand exactly what families need for their loved ones.

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