

# Three Things No One Tells You About Retirement



With Robert Laura  
[RetirementProject.org](http://RetirementProject.org)

# Exclusive: Naked Retirement Bundle

*It's time to Plan For You & Not Just Your Money*

## 4 Steps To A Happy, Healthy, & Connected Retirement

Figure out who you are when you are not working



Strengthen Your Relationships with loved ones



It All Starts With Your Copy Of Naked Retirement

Avoid Acting Your Age Both Mentally & Physically



Surround Yourself With Happy, Vibrant, & Supportive People



## Get A Digital Copy Of The Book Naked Retirement Plus

Bonus #1



The thought-provoking, 1 hour workshop that's full of real life examples and guides you all the way through the Naked Retirement book and worksheets

Bonus #2



### How To Find Your Passion In Retirement

Living a passionate life puts you in an exclusive club! However, many people don't have a process for uncovering their passion in retirement. As you will see in the guide, I came across an amazing formula that will not only change your retirement but also be a positive influence in the lives of those around you.

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### Seven Retirement Questions You're Afraid To Ask

Retirement can come with some unanswered questions, including more personal situations that can cause unnecessary worry and anxiety. No matter your situation, you're not alone in your thoughts or concerns. Join us as we examine topics such as divorce, adult children, part-time work, and more

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### The Dark Side Of Retirement

There is a hidden epidemic taking place in the shadows of retirement. It's a chilling reality that will impact baby boomers and their families more deeply than any economic recession or market crash. It's the dark side of retirement, where addiction, depression, and suicide can take over and crush your retirement dreams if you're not aware of it and ready to address it.

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### 8 Wall Street Words Every Retiree Needs To Know

People today are more responsible for their retirement than ever before. That means they need to know the key areas, relevant topics and questions to ask. Whether you've recently retired or are coming up on the horizon, you can feel confident in using these eight Wall Street words and concepts to help make the most of your life savings.

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## 1) Retirement's Biggest Threat Is Not Staying Relevant

Initially, retirement can feel like finally reaching the top of the hill but, to quote cowboy legend Roy Rogers, “Even if you’re on the right track you’ll get run over if you just sit there.” Retirement is not a stationary target that you can be content to simply hit... and more and more retirees are realizing that the biggest threat to their retirement success is staying relevant and in tune with what’s going on around them. We live in a constantly deteriorating world that eats away at comfort zones and can leave those who aren’t prepared to move forward feeling unfulfilled and out of sorts.

Take a moment to think about someone you consider irrelevant. How would you describe them? Now picture someone tuned in, on top of things, and ready to meet the day’s challenges. There’s a major difference, right? Staying relevant means staying connected, affiliated, and being part of something bigger than oneself. It’s remaining aware of the big picture, and being not only interested in experiencing it, but eager to share it with others. Here are three ways new and existing retirees can stay relevant:

**Stay In Shape:** The way we look says a lot about us. Whether you opt for tennis, pickle ball, or some dance aerobics, staying active and in shape will give you numerous advantages. First, you’ll have the necessary energy to stay abreast of things going on and, more importantly, participate in them. Second, you’ll look and feel healthier, which puts a smile on your face and confidence in your step, which are both open invitations to be engaged by others.

**Be An Optimist:** Positive people are a precious commodity who are highly sought after. Pessimists and some realists are notorious for highlighting the negatives, which can leave others feeling empty instead of full. Just because you have seen a lot of life go the wrong way and learned your own hard lessons doesn’t mean you have to announce or share them with others. Let someone else be Debbie Downer or the buzz kill. Instead, take on the role of optimist, encouraging others and shining a light on possibilities.

**Get In For Free:** Retirees are often depicted as gentle helpers who volunteer at hospitals and for church committees, but there’s nothing more *irrelevant* than that portrayal. Yes, volunteer work can be rewarding, but so can trading time for privileges at cultural centers, sporting arenas, theatres, universities, political rallies, etc. There’s an entire underground network of people who stay in touch for the price of a little time or sweat equity. Instead of worrying about how much it costs, these folks simply trade volunteer time for access.

These steps position retirees to stay relevant and be happy, healthy and connected. By remaining part of the bigger picture, and aware of what’s going on, retirees can avoid feeling stale and out-of-touch. The key is to evolve and stay relevant no matter what life or retirement throws at you.



## 2) Your Health Is Your Wealth

Most of retirement conversations today are focused on “your number” ... or how much money you need to have saved in order to retire happily ever after. While the need for comprehensive financial planning and saving for retirement is obvious, everybody knows that money can’t buy happiness or good health.

Now more than ever, it’s important for people to look beyond their financial numbers and savings habits and focus on their health-related factors as well. Oftentimes, people think the extra time they have in retirement will provide the motivation they need to live a healthier life than when they were working... but old habits are hard to break, and new habits are hard to make. In fact, most people don’t realize that retirement only magnifies what you already are, particularly when it comes to health. If you frequent the couch, prefer fatty foods, or are always trying to please others, retirement will only provide more time to reinforce those habits.

That’s why it’s important to take as much care of your health as you do your wealth, because the best legacy you can give your family is a happy and healthy you. Therefore, in addition to knowing how much you need to save, how your assets should be allocated, and how much you can withdraw each year, make sure you consistently monitor numbers like these as well:

- Cholesterol level
- Fasting blood sugar level
- Body mass index (BMI)
- Blood pressure
- Resting heart rate

Retirement well-being is not only about your physical health and what you’re eating, but also what might be eating you? If your body and soul are filled with fear, resentment, worry, guilt, anger or other emotional issues, it will show up in your physical appearance and your behavior. Emotional health requires that you have time to yourself and the space in your life to adapt to what’s happening. Being overwhelmed or stressed out can leave you feeling inadequate and easy to anger around your loved ones.

Therefore, a truly comprehensive retirement plan today requires that you put “how much you need to save” behind “the numbers you need to stay alive” because the real foundation for wealth, is your complete and total health.



## Retirement is A Metaphor

Retirement in its simplest form is a metaphor for the life you wish to lead and the legacy you plan to leave. Our belief is that retirement is a blank slate upon which each individual must fill it up with what is important to them. It's also a privilege some people never get to experience, so we encourage you to treat it with purpose and intention.

Keep in mind, there's nothing automatic about the act of retirement itself. It won't just unfold into the greatest time of your life. Making it the best it can be, takes time, practice, and concentrated effort.

That's why I suggest you treat retirement like a camera and focus on what's important. Be sure to capture the good times, develop from the negatives, and if things don't turn out the way you expected, take another shot!

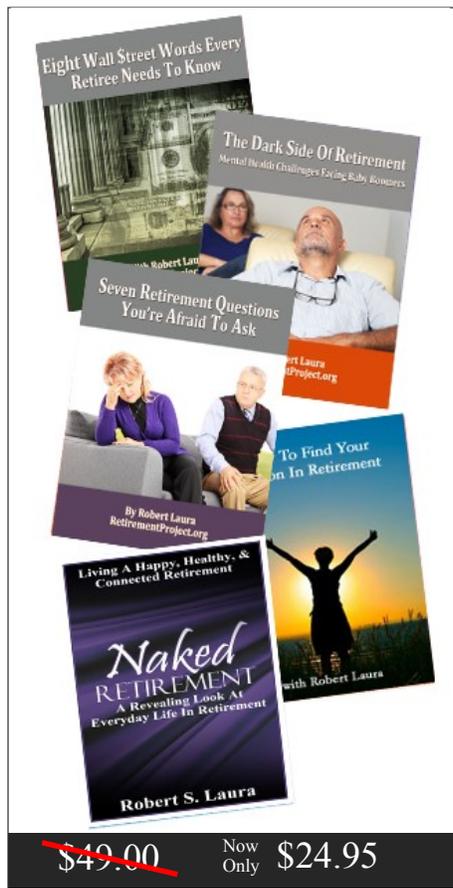
Mentally and emotionally consider retirement like an ocean: calm and still one moment, bumpy and unyielding the next... but in the end always beautiful. Its physical demands can be a lot like riding a bike, where you have to keep moving or you'll lose your balance... and socially, retirement can mimic the game of basketball, meaning it's not meant to be played alone.

Overall, our mission is to help individuals and couples integrate the need to plan for the mental, social, and physical aspects of retirement with the financial ones. That's why our first priority at [RetirementProject.org](https://www.RetirementProject.org) is education and information. We want to empower and support investors during their transition from work-life to this next phase of life.

Whether you're already retired or just a few short years away, this guide is only the first step. We invite you to learn more about our other guides and services [by clicking here](#), or you can request more information by calling 888-267-1138.

We're looking forward to helping you retire well.

## What Now? Invest In Yourself With Our Naked Retirement Bundle



1) People may stop and ask you why you seem so happy and content. Reality is, the biggest challenges people face in retirement aren't financial - they're personal. By focusing on "You" instead of your money we will help you remove the burden, worry and stress related to how much you need to save or how long your money will last. Instead, we will make you feel more confident and in-tune with your body, mind, spirit, and relationships as you enter retirement.

2) We talk about and answer the tough questions that many people just don't know who to ask. Whether it's with our bonus guides including *Seven Things You're Afraid To Ask About Retirement*, *The Naked Retirement* book or 1-hr workshop video, or one of the other guides in the bundle, we cover the tough stuff, including whether spouses should retire together or at separate times, how to say "No" to adult children, if working part-time really works, and more.

3) It's healthy and refreshing because you're taking time out for yourself. It's fun because it's different than anything you've even done with retirement before and brings you back to center by creating the time and space you need (and deserve) to think about what is most important for you to do and get out of retirement.

4) You'll save yourself years of heartache and pain. Too often we end up learning things the hard way but it doesn't have to be that way. No one wants to end up alone, out-of-touch, or insecure in retirement and I want to make sure that doesn't happen to you. One of the key results of the program is a Naked Retirement Plan that will have you beaming when you tell others how you plan to stay relevant, connected, and happy in retirement. It's a concept based on one of my favorite sayings, "The happiest girls are the prettiest." Well, the same concept holds true for people of any age in retirement, which is why our material is designed to leave you smiling with self-assurance.

5) We'll be honest with you. People often wrongly assume that a perfect retirement is one without problems. However, I think you would agree with me, that's just not how life works. By helping you see that a successful retirement is one in which you overcome obstacles with the right perspective and that by being aware before they unravel, we help you create a retirement plan that's true to who you are and what's really important to you. That's what creates personal significance and attracts abundance.

6) It's pleasantly affordable. I myself am a frugal shopper and often check for discount and promo codes when I buy things online. Therefore, I packaged the book and workshop with several bonus guides and priced it so you wouldn't have to question its value or look for a coupon. **When you click the order button, I want you to feel like you just got the deal of a lifetime.** We also feel it's important to stand by what we say. That's why we offer a 60 day, no questions asked, money back guarantee to ensure you see and feel the full value of the program.

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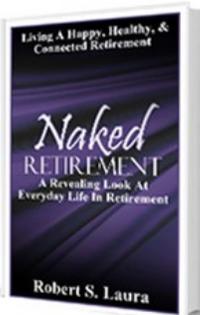
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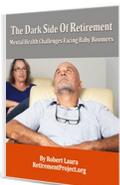
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# Helping You Prepare For A Successful Retirement



Robert Laura is the Retirement Activist who is committed to changing the way people think about and prepare for every aspect of retirement. His nationally syndicated columns at [Forbes.com](http://Forbes.com) and [Financial Advisor magazine](http://Financial Advisor magazine) reflect his groundbreaking efforts to challenge the status quo of traditional retirement planning.

As a former social worker and certified personal trainer turned money manager and author, he has found that retirement is among the most fascinating, yet least understood, phases of life. Through interviews with [celebrities](#), [professional athletes](#), [entertainers](#), [leading experts](#), and [his own clients](#), he's develop a powerful message to tackle the mental, social, spiritual, and financial aspects of retirement. His objective is simple: to help people create a no-regrets retirement plan.

As the RETIREMET ACTIVIST, Robert founded [RetirementProject.org](http://RetirementProject.org) and authored [Naked Retirement](#), as well as a number of guides to help individuals succeed in this next chapter of life. In addition to his own writings, he frequently appears in major business media such as [Wall Street Journal](#), [CNBC](#), and [Investor's Business Daily](#), [Yahoo Finance](#), [The Street](#), and [more](#).

Robert's presentations are ideal for every group, from business owners and executives to employees, associations, and senior citizens. His charismatic and humorous style allows his audiences to get educated in an entertaining way as he creates a memorable experience that touches both the mind and heart. With thought-provoking insights, vivid stories, and a frequent dose of humor, he reaches audiences in a way they do not forget.

His presentations are comfortable and enlightening because he helps people see the solutions for retirement and investing success through their own personal experiences and beliefs. In this manner he provides not only guidance, but also the motivation people need to attain the retirement and financial life they deserve.

Robert conducts both trainings for other financial professionals as well as workshops and webinars for individuals and couples designed to help people prepare for every aspect of retirement. He has been a speaking and teaching economic, investment, and retirement based programs for over 15 years. He is married to his amazing wife Amie, and together they have a blended family with four children; Connor 10, Ava 9 Lucas 8, and Drake 7.

You can learn more about Robert at [RobertLaura.com](http://RobertLaura.com)

Or call 888-267-1138





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