

Helpful Third/Third Resources

This list of resources was compiled by the Third Third Leadership Team. Our Third Third ministry seeks to resource, connect and support ministers in their “third third” of life, with pre-retirement and retirement tools and opportunities, to help every minister in the Northwest prepare for and lean into a preferred future. For more information on the Third Third ministry and how to get involved, please reach out to the team at NWDthirdthird@foursquare.org.

Note: Some of these resources reflect our faith-based views while others do not. Although these resources have helpful information, you will identify what is helpful for you and choose to ignore what is not compatible or helpful.

From Strength To Strength by Arthur Brooks, 2022 [Spiritual / Mental]

In the second half of life, we can find great satisfaction and happiness. We can go from strength to strength using both our strengths and weaknesses to give us purpose. This resource helps us deal with the realities that come with age and change.

[From Strength to Strength: Finding Success, Happiness and Deep Purpose in the Second Half of Life: Arthur C. Brooks: 9781472989758: Amazon.com: Books](#)

Life In The Negative World by Aaron M. Renn, 2023 [Mental / Social / Financial]

Renn declares we now live in a “Negative World” as evangelicals. In these times we are viewed in a negative way as Christ followers. This is explained and challenged in ways we live out our faith in culture, in family, and in church. There are some great challenges to those of us in the third third of life.

[Life in the Negative World: Confronting Challenges in an Anti-Christian Culture: Renn, Aaron M.: 9780310155157: Amazon.com: Books](#)

Brain Rules by John Medina, 2014 [Mental]

Brain Rules explores 12 scientifically-backed principles about how the human brain functions, revealing that our brains are complex, uniquely wired systems designed for survival and continuous learning. Through engaging storytelling, Medina offers transformative insights into how we can optimize brain performance by understanding key factors like exercise, sleep, stress management, and sensory integration

[Brain Rules \(Updated and Expanded\): 12 Principles for Surviving and Thriving at Work, Home, and School: Medina, John: 9780983263371: Amazon.com: Books](#)

Aging: Growing Old In Church by Will Willimon, 2020 [Spiritual / Mental / Social]

Aging: Growing Old in Church offers a theologically rich exploration of aging as a spiritual journey, drawing on Scripture, literature, and personal experience. The book provides practical advice for pastors and church members on navigating retirement, loss, and finding faith in the later stages of life, while emphasizing the Christian perspective on growing old gracefully.

[Aging: Growing Old in Church \(Pastoring for Life: Theological Wisdom for Ministering Well\): Will Willimon, Byassee, Jason: 9781540960818: Amazon.com: Books](#)

Your Happiness Portfolio: It's Not About the Money by Marianne Oehser, 2019 [Spiritual / Mental / Social / Financial]

Your Happiness Portfolio for Retirement emphasizes creating a fulfilling post-career life by redefining identity, finding purpose, and building a balanced "happiness portfolio" akin to a financial portfolio. Through practical exercises and strategies, it guides retirees to invest time in meaningful activities, relationships, and personal growth for a joyful and satisfying retirement.

[Your Happiness Portfolio for Retirement: It's Not About the Money!: Oehser, Marianne T.: 9781982224080: Amazon.com: Books](#)

Retirement Intelligence: Personal Retirement Readiness by Robert Laura, 2024 [Spiritual / Mental / Social / Physical / Financial]

Robert Laura introduces the concept of Retirement Intelligence (RQ), a holistic framework that prioritizes personal well-being over finances in retirement planning. By challenging traditional methods, the book integrates insights from psychology and behavioral economics to help individuals navigate life after work, avoid common pitfalls, and create a fulfilling retirement transition.

[Retirement Intelligence: Personal Retirement Readiness: Laura, Robert S: 9781951915148: Amazon.com: Books](#)

Retirement Devotional: Biblical Wisdom for Life After Work by Robert Laura, 2021 [Spiritual]

Spiritual guidance for retirees, emphasizing the importance of maintaining a strong relationship with Jesus Christ during life's transitions. The devotional offers biblical insights and reflections to help individuals find purpose, meaning, and spiritual strength in their retirement years.

[Retirement Devotional: Biblical Wisdom For Life After Work: Laura, Robert S: 9781951915094: Amazon.com: Books](#)

The Minister's Retirement by C. J. Cagle, 2020 [Financial]

The Minister's Retirement provides practical financial guidance tailored to the unique challenges ministers face when planning for retirement. The book covers key topics such as Social Security, savings strategies, pensions, and insurance, blending clear explanations with a focus on faith and stewardship to help ministers prepare for a secure and purposeful retirement.

[The Minister's Retirement: Cagle, C J: 9781948022187: Amazon.com: Books](#)

How to Retire: 20 Lessons for a Successful and Wealthy Retirement, 2024 [Social / Financial]

How to Retire provides a comprehensive guide to retirement planning that emphasizes both financial and non-financial aspects, offering 20 expert lessons on creating a fulfilling retirement that balances wealth, happiness, and personal growth.

[Amazon.com: How to Retire: 20 lessons for a happy, successful, and wealthy retirement: 9781804090695: Benz, Christine: Books](#)

The Gift of Years: Growing Older Gracefully by Joan Chittister, 2008 [Spiritual / Mental / Social]

The Gift of Years reframes aging as a liberating and transformative period of life, challenging societal myths about decline and encouraging readers to see later years as an opportunity for profound personal growth and spiritual enrichment. The book argues that old age is not a time of diminishment, but a season of freedom where individuals can reflect deeply, savor relationships, and discover new purpose beyond traditional roles.

[The Gift of Years: Growing Older Gracefully: Chittister, Joan: 9781933346335: Amazon.com: Books](#)

Seven Transforming Gifts of Menopause by Cheryl Bridges Johns, 2020 [Spiritual / Mental / Physical]

Reframing menopause as a profound developmental phase and offering seven key gifts: uncovering, anger, the authentic self, expanded time, spiritual freedom, vision, and courage. The book emphasizes menopause as a gateway to self-discovery and spiritual growth, encouraging women to embrace this stage as an opportunity for transformation and empowerment.

[Seven Transforming Gifts of Menopause: An Unexpected Spiritual Journey: Cheryl Bridges Johns: 9781587434396: Amazon.com: Books](#)

The Blue Zones: Nine Lessons for Living Longer by Dan Buettner, 2012 [Social / Physical]

Examines the five regions where people live exceptionally long, healthy lives and identifies nine lifestyle principles, known as the "Power 9," that contribute to their longevity. These lessons emphasize natural movement, plant-based diets, strong social connections, stress reduction, and a sense of purpose, offering actionable insights for improving health and extending life.

[Amazon.com: The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest: 9781426209482: Buettner, Dan: Books](#)

Younger Next Year: the Next Third of your life by Chris Crowley, 2019 [Physical]

A revolutionary approach to aging by emphasizing that decline is optional, and individuals can dramatically improve their health and vitality by following key lifestyle principles: exercise six days a week, eat nutritiously, stay socially connected, and maintain a passionate commitment to life. The book argues that over 50% of age-related illnesses can be eliminated through intentional lifestyle choices, challenging the traditional narrative of inevitable physical and mental deterioration

[Amazon.com: Younger Next Year: Live Strong, Fit, Sexy, and Smart—Until You're 80 and Beyond: 9781523507924: Lodge M.D., Henry S., Crowley, Chris. Hamilton MD, Allan J.: Books](#)

Keys to a Successful Retirement: Staying Happy, Active, and Productive in Your Retired Years by Fritz Gilbert, 2020 [Spiritual / Mental / Social / Physical / Financial]

A comprehensive guide to navigating retirement emphasizing the need for planning that goes beyond financial considerations. The book highlights the importance of finding purpose, maintaining mental and physical engagement, and addressing potential challenges like depression and loss of identity by encouraging retirees to explore new activities, strengthen social connections, and redefine themselves beyond their professional roles.

[Keys to a Successful Retirement: Staying Happy, Active, and Productive in Your Retired Years: Gilbert, Fritz: 9781646113392: Amazon.com: Books](#)

The Happiness Curve: Why Life Gets Better After 50 by Jonathan Rauch, 2018 [Mental / Social]

Drawing on cutting-edge research, award-winning journalist Jonathan Rauch shows that from our 20s into our 40s, happiness follows a U-shaped trajectory, a "happiness curve," declining from the optimism of youth into what's often a long, low slump in middle age, before starting to rise again in our 50s. By shifting priorities away from competition and toward compassion, it equips you with new tools for wisdom and gratitude to win the third period of life.

[Amazon.com: The Happiness Curve: Why Life Gets Better After 50: 9781250080912: Rauch, Jonathan: Books](#)

Flourishing in the Third/Third of Life" by Mark Roberts (Fuller Seminary)

<https://depreo.org/courses/flourishing-in-the-third-third-of-life/> [Spiritual / Mental / Social]

This six-session course is designed to help participants understand how to flourish in the third/third of life.

Websites:

- *Retirementministries.com* - [Home - Retirement Ministries](#)- Robert Laura's devotional and videos
- *RightNowMedia.com* – Robert Laura's group bible studies *requires a Right Now Media subscription

Articles:

- *The Longevity revolution: We need to radically rethink what it means to be old* by Jonathan Rauch, The Atlantic, January 2025 - [America Needs to Radically Rethink What It Means to Be Old - The Atlantic](#)
- *Why You Should Never Retire* by Bartleby, The Economist, January 25, 2025 - [Why you should never retire](#)

Courses:

- Personal Finance <https://www.ed2go.com/portlandcc/online-courses/personal-finance/>
- Rejuvenate Your Retirement <https://www.pcc.edu/schedule/winter/fin/9mny616i/>
- Retirement Roots: A Christian Plan for Everyday Life in Retirement by Robert Laura, 2025 - [Home - Retirement Roots](#)
- Leaders Guide for Retirement Roots by Robert Laura, 2020

Helpful Topical Resources:

- Mary Catherine Bateson, *Composing a Further Life: The Age of Active Wisdom*
- Mark Freedman, *The Big Shift: Navigating the New Stage Beyond Midlife*
- Roger Landry, *Live Long and Die Short: A Guide to Authentic Health and Successful Aging*
- William Sadler and James Krefft: *Changing Course: Navigating Change After 50*, and The Life Planning Network's book
- *Live Smart After 50! The Expert's Guide to Life Planning for Uncertain Times.*
- Elizabeth Kubler Ross, *On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss.*
- Judith McCoyd and Carolyn Walter, *Grief and Loss Across the Lifespan, Second Edition: A Biopsychosocial Perspective.*
- Roberta Taylor and Dorian Mintzer, *The Couple's Retirement Puzzle: 10 Must-Have Conversations for Creating an Amazing New Life Together*
- Arline Kardasis, Rikk Larsen, Crystal Thorpe, and Blaire Tripp, *Mom Always Liked You Best: A Guide for Resolving Family Feuds, Inheritance Battles & Eldercare Crises*
- Marlene Stum, *Who Gets Grandma's Yellow Pie Plate? Workbook: A Guide to Passing on Personal Possessions*
- Abby Schneiderman, *In Case You Get Hit By a Bus: How to organize your life now for when you're not around later*

Links to some popular online retirement tools:

- Retirement Coaches <https://www.retirementcoachesassociation.org/>
- General Retirement Planning
 - [AARP's Retirement Calculator](#)
 - [Fidelity Retirement Quick Check \(Search for "Retirement Planning and Guidance Center"\)](#)
 - [T. Rowe Price Retirement Income Calculator](#)
 - [ESPlanner Basic](#)
 - Legacy Notebook (legacynotebook.org to complete online)

Financial retirement planning tools and software include:

- Empower – The Foursquare Retirement platform including a comprehensive Dashboard for all assets (not just those in the 403b) and many helpful articles and other planning tools
- Betterment App
- Charles Schwab Retirement Calculator
- Retire Inspired Quotient Tool
- Fidelity Retirement Score
- The Complete Retirement Planner
- NewRetirement Calculator

Extra Content

Cultivating a Disciple-Centered Growth Culture in the International Church of the Foursquare Gospel by Tammy Dunahoo [Spiritual / Mental]

In her dissertation Tammy did some inter-generational work that enlightened the realities of third third life and the issues baby boomers face as they age and retire.