

Helpful Third/Third Resources

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.

Flourishing in the Third/Third of Life” by Mark Roberts (Fuller/DePree)

<https://depre.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. <https://depre.org/?s=retirement+>

The Second Fifty: Answers to the 7 Big Questions of Midlife and Beyond by Debra Whitman, 2024 [Social / Physical / Financial]

The Second Fifty explores how longer lifespans are reshaping midlife by answering seven core questions about health, memory, work, money, housing, and death, offering a research-based roadmap for the “second half” of life. Drawing on expert interviews and personal stories, Debra Whitman blends data and practical advice to help readers build a longer, healthier, and more meaningful later life focused on purpose, connection, and security.

The Good Life: Lessons from the World’s Longest Scientific Study of Happiness by Robert Waldinger and Marc Schulz, 2023 [Social]

The Good Life argues that long-term happiness and health come less from wealth or achievement and far more from nurturing warm, stable relationships throughout life. Drawing on the Harvard Study of Adult Development, it shows how everyday choices to invest in connection, empathy, and community can build resilience, meaning, and well-being at any age.

Outlive: The Science and Art of Longevity by Peter Attia 2023 [Physical]

Outlive argues that modern medicine focuses too much on treating disease after it appears instead of preventing it decades earlier through what Peter Attia calls “Medicine 3.0,” a proactive, personalized approach to health. Attia highlights the major chronic killers of aging—heart disease, cancer, neurodegenerative disease, and metabolic dysfunction—and offers practical guidance on exercise, nutrition, sleep, and emotional health to extend not just lifespan but healthspan.

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.

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.

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 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.

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.

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

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.

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.

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.

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

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.

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.

Websites:

- *RetirementMinistries.com* - Robert Laura’s devotional and videos
- *RightNowMedia.com* – Robert Laura’s group bible studies

Articles:

- *The Longevity revolution: We need to radically rethink what it means to be old* by Jonathan Rauch, *The Atlantic*, January 2025
- *Why You Should Never Retire* by Bartleby, *The Economist*, January 25, 2025

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
- 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