

## The Contented Retirement: Leisure Activities That Keep the Mind Lively



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## THE CONTENTED RETIREMENT: LEISURE ACTIVITIES THAT KEEP THE MIND LIVELY



Melrose Books. Hardback. Book Condition: new. BRAND NEW, The Contented Retirement: Leisure Activities That Keep the Mind Lively, W. S. McAdam, 'The Contented Retirement' is written for readers who are about to retire, or are already retired, and wish to be pleasantly occupied with an intelligent pastime. The book offers a medley of intelligent interests for all ages and tastes: Learn more about our galaxy, its stars and planets and the conquest of space. Look back at man's origins, some of the great prehistoric civilizations, and visit famous archaeological sites in exotic places. Meet new faces to play bridge, chess or Go, an ancient and exciting Asiatic board game. Trace your roots and widen family links to build your family tree. Join in the action to save the environment for our grandchildren. Take on computer skills to know more, and communicate with friends, via the internet. Take better pictures and process your digital photos at home. Help those in need and get out and meet others by giving your time and ideas to charity work. Try your hand at painting or calligraphy, the ancient art of elegant letters. Learn to tell fairy tales and build lasting bonds with your grandchildren. Learn to play the guitar. Speak another language to reach out to people from other cultures. Many of the chapters offer an insight into the great men and women who made history in these now leisure pursuits, with references to further reading about their lives, their times and achievements. The book also offers lots of ideas for travel to interesting places at home and abroad in the realms of your chosen pastime and make new friends through mutual interests.



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