



Repacking Your Bags: Lighten Your Load for the Rest of Your Life

Richard J. Leider and David A. Shapiro

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Repacking is for businesspeople, professionals, homemakers, students, and retirees - in short, everyone who needs to prepare for and embrace a transition to the next phase of their lives. For those of you facing retirement - no doubt a very different sort of retirement than previous generations faced - Repacking may have special appeal. Similarly, for those of you just starting out in your careers, Repacking can offer guidance and direction you may find particularly useful. Finally, if you 're someone who has recently experienced (or is about to experience) a major transition in your work life - a termination, a reassignment, a major promotion - then Repacking can act as a compass as you get your bearings for the journey ahead. Look around. Most of your contemporaries are no longer consumed with consumption. Hardly anyone still believes that the "most toys" wins. Accumulation is no longer the name of the game - your friends and colleagues are now asking "What really matters?" "How much is enough?" and "What is the good life and how can I live it?" Repacking Your Bags offers a new life/work model, a fresh way of thinking about what matters most in your life and how to attain it.

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