



# For Better or for Worse...But Not for Lunch

*Sara Yogev*

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# For Better or for Worse...But Not for Lunch

Sara Yogev

**For Better or for Worse...But Not for Lunch** Sara Yogev

**The only guide to overcoming the psychological stresses that can ruin a marriage after retirement**

People are retiring earlier and wealthier than ever before. Why, then, are so many retired couples, instead of having the times of their lives together, becoming so angry, alienated, and estranged? Written by a psychologist specializing in work-family issues, *For Better or for Worse...But Not for Lunch* explores this troubling trend and provides readers with the information and tools they need to make their relationships thrive in retirement.

This is the first book devoted entirely to planning for the psychological aspects of retirement and its impact on marriage. With the help of vivid case studies from her files, Dr. Yogev illustrates common psychological and emotional problems--such as loss of a sense of purpose, too much togetherness, fights over friends and grandchildren, and tension over money--that can put undue stress on a marriage after retirement and describes her proven conflict-resolving, relationship-building techniques.

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