

Will Retirement Pay You a ‘Happiness Bonus’?

January 01, 2015

The Wall Street Journal:

Life gets better after retirement—despite the financial and physical challenges associated with that time of life. That’s the upbeat conclusion of a new poll from MassMutual Financial Group, which finds that although nearly half of Americans retire sooner than they planned, “retirees indicate high levels of emotional well-being, enjoyment and financial security.”

While these conclusions may run contrary to stereotypes of later life as a time of loneliness, depression and decline, they came as no surprise to me: As I chronicled in a Wall Street Journal article earlier this month, a growing body of scientific research that shows that, in many ways, life gets better as we get older.

Read the whole story: [*The Wall Street Journal*](#)