

What the Happiest Retirees Know by Wes Moore

If the author's name sound familiar, you might be remembering him from his popular radio show, "Money Matters". Wes Moore loves working with people concerning financial situations, and he loves research. He has brought both into his newest book for anyone thinking of moving into retirement.

Throughout the book, and most heavily early on, Moore addresses the ideas of what it requires to retire financially in a secure, "happy" spot. The majority of his book however addresses habits he saw leading to long term contentment and joy for retired people, the ones Moore fondly refers to as the HROB- *Happiest Retirees on the Block*. Finding the key components for being a HROB came from Moore's love for research. While working on this book, Wes Moore created a series of surveys that he shared with over 2,000 retirees to find what seemed to be the best elements for a happy retirement.

Published in 2022, there are a few references throughout the book to the changes brought about by the COVID pandemic.