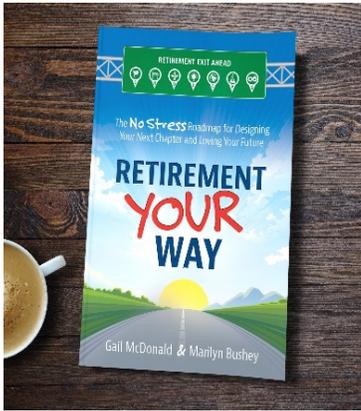


It's time to retire the R word and enter your Next Chapter!

Americans are retiring – in greater numbers and at a faster pace. According to the Pew Research Center, the number of Americans who retired in 2020 was twice that of 2019. Compared to previous generations, they are more likely to bring to their Next Chapters more passion, more talent, and more energy than generations that came before them.



It is for this group of people and their younger cohorts, that Gail McDonald and Marilyn Bushey have written ***Retirement Your Way: The No-Stress Roadmap for Designing Your Next Chapter and Loving Your Future.*** McDonald and Bushey have dubbed them Retirement Rebels—people who are searching for a more fulfilling path to their future in which they reinvent retirement.

You can thrive – not just survive – in your Next Chapter. "In a nutshell, our book is about questioning the assumptions that many of us hold about retirement and expanding the possibilities that we envision," McDonald says

McDonald and Bushey have been thinking about their own future lives. They interviewed friends, colleagues and acquaintances to develop a system of six lifestyle categories and their unique, seven-step CHOICES Roadmap containing the conversations that will help retirees design lives of self-fulfillment, contribution, and joy.



"What we have found," Bushey says, "is that we have many more lifestyle choices than we may have expected and that the retirement journey is also likely to be a more emotional journey than people would imagine."

In ***Retirement Your Way***, the authors apply their expertise as executive coaches to the world of retirement. They will soon release an online workshop based on the themes, models, and exercises presented in the book.

Story Ideas

- 1) **How to Thrive in Retirement – The CHOICES Map: 7 Essential Steps to Make Your Retirement the Best Time of Your Life!**
- 2) **From Who's Who to Who's That –** How to handle the emotional ups and downs of retirement.
- 3) **Options=Opportunities –** Have fun! Take the Retirement Lifestyles Quiz and learn about your retirement options.
- 4) **When Every Day is a Sunday – Living your Good Life.** How to create habits that help you structure your time and foster vitality.
- 5) **Working with your Team of Allies –** Guidelines for selecting your team and talking to others about your Next Chapter.
- 6) **Hurdles: Watch Out for Speed Bumps -** A process for letting go of stories that are holding you back.
- 7) **Expect the Unexpected –** Using the Choices Map to Handle the Twists and Turns of Life.

Let go of your stories, add your dreams, and keep exploring!

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