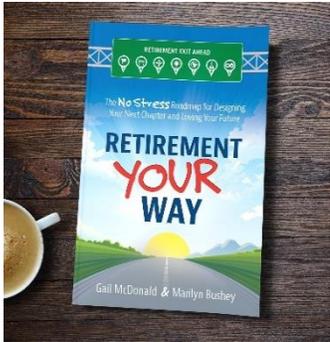


It's time to retire the R word and enter your Next Chapter!

Americans are retiring – in greater numbers and at a faster pace. 10,000 baby boomers are turning 65 every day. And, according to US Census forecasts, that number is set to rise. It will reach nearly 12,000 people within the next 10 years, and by 2030 all baby boomers will be older than 65.

Compared to previous generations, these new retirees 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 this group Retirement Rebels—people who are searching for a more fulfilling path to their future.

Recently the authors have introduced a new online video course that is designed to enhance the ideas offered in the book.

"In a nutshell, our book and online video course are 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 guide others as they break the retirement mold and thrive in their Next Chapter.

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 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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