

## ONE-PAGE BOOK SYNOPSIS

### *Shifting Gears to Your Life & Work After Retirement*

by Carolee Duckworth & Marie Langworthy

As Boomers themselves, the authors are not just about helping the Boomer generation move forward into retirement. Rather, they are about Boomers creating anew an entirely fresh perspective on their next life journey by crafting a highly fulfilling pattern of work and life for their final and best opus. Readers will start by looking within, re-discovering, or perhaps, discovering for the first time, who they are now, using exciting, authentic, personality and aptitude tools. Next, using this new-found personal insight and clarity of purpose, they will be guided through a process of fashioning what they want to do, to see, to become next, followed by practical, specific activities and strategies to achieve this, their new retirement paradigm.

### **The Book's Audience**

#### **Soon-To-Be-Retirees**

This book is the jump-start to propel current Boomers on the brink of retirement to rethink their retirement trajectory, from *this* (whatever they're doing now), to *that* (whatever they've always wanted to do, but never dared to dream possible). The 50-65 age group will find this book a one-stop source to chart the direction of their next and best life phase--a practical "how to" roadmap that is both fascinating to read and chock full of valuable resources, including a website index that is in itself a retirement goldmine.

#### **Early, Middle, Late Boomer Bloomers**

This book shatters the iconoclastic myths about retirement, boldly declaring what retiring Boomers *are* and what they *are not*. By engaging in self-discovery, and traveling through a *Five-Step Process*, Boomers will determine who they are, what values define them, and how they want to spend this last rich phase of life. They then will explore the many options—work online or "out there," for themselves or for "us," or volunteer, but *their way*--then combine these with learning, travel, and leisure into their own ideal mix.

#### **Older Retirees**

Already retired 70+ and even 80+ year-olds are poised to take advantage of all this book has to offer. Just consider the collective experience, brain power, skills, talent and wisdom of this demographic group and bring it to bear on the resources (both real and virtual) this publication features. Then step aside and watch these elders make astounding contributions within every facet of society--professional, civic, and personal.

#### **Children of Retirees**

As members of the "sandwich generation," grown children of retirees hope and need for Mom and Dad to transition into a healthy, happy, productive *New Phase* of independent adulthood. Their last wish and worst fear is that if their parents run out of money or meaningful things to do, this will add to their own current responsibilities, stresses, and priorities, requiring them to step in themselves, financially or otherwise. Giving this book to their parents as a gift will benefit them too.

### **How This Book Stands Out From the Pack**

- *Specific*--Offers a *10-Point Retirement Countdown* to *7 Possible Pathways*.
- *Results Oriented*—Uses a *5-Step Process* to create a unique retirement adventure.
- *All-Inclusive*--Work vs. play; time vs. money; home vs. abroad; online vs. "out there."
- *Uses Current Technology Tools*--A treasure chest of web connectedness and resources.