

“For anyone thinking of retiring and changing his or her life—this is the book for you.”
–Billy Crystal, Actor, Comedian, Grandfather

The Retirement Boom

An All-Inclusive Guide to Money, Life, and Health in Your Next Chapter

Foreword by Alan Webber
Co-Founder of Fast Company Magazine

by
Catherine Allen, Nancy Bearg, Rita Foley, Jaye Smith

Some people embrace the “R” word; others are uncomfortable with it; all are interested in how it will impact them. The 76 million Baby Boomers are redefining this stage of life, as they have with each stage before. The concept of retirement – the “R” word – is evolving and changing into a Reboot and Reinvention for this next stage of life.

While you may no longer be a math teacher, the director of sales, or the sole owner of your thriving small business, “retiring” doesn’t mean your identity will be gone. But, what will life look like? Who will you be? How can you figure these things out?

Or you may manage an organization that has a large portion of your workforce that is approaching retirement age. How can you help them and manage the transition at work?

Four Boomer professionals who have walked the walk and transformed themselves from corporate executives, consultants, executive coaches, and national security policy experts into a range of new careers that more closely hew to their passions, have penned a practical guide for those looking at the next phase of life—**THE RETIREMENT BOOM: An All-Inclusive Guide to Money, Life, and Health in Your Next Chapter** (Career Press, October 2015).

With tips, tricks, techniques, and resources, as well as great stories and exercises, **THE RETIREMENT BOOM** is compiled from more than 300 interviews and extensive research. It is a well-rounded look at planning, living, and reshaping life. For those considering or already jumping into the life of retirement, **THE RETIREMENT BOOM** addresses:

- Addressing common fears, hopes, and expectations about retiring
- Planning and designing your reinvention
- Making your money last
- Understanding what’s changing in the workplace and the workforce today
- Reinventing into new work
- What will you do with your time?

- Where's the IT desk?
- Navigating Retirement Robbers and other challenges
- Renegotiating life at home
- Improving and keeping your health
- Building and leaving a legacy
- Simplifying your life and living a life of passion

Retirement is not an end. It is a new beginning. It's a rebooting—a new start, with new purpose and energy in your life!

For more information, to request interviews or review copies, please contact Tess@TessWoodsPR.com.

ABOUT THE AUTHORS and REBOOT PARTNERS, LLC:

REBOOT PARTNERS, LLC is the strategic consulting group founded in 2011 by the four co-authors of *The Retirement Boom*. It is focused on planning and execution skills for life reinvention, retirement, sabbaticals, career development, and leadership. Clients include individuals who are challenged to reboot and reinvent for their next chapter of life, and organizations, corporations, and nonprofits working to become more innovative and resilient by managing their workforce planning strategies – which includes retirement planning for the Baby Boomer population and other programs to engage and retain valued employees. They also co-authored *Reboot Your Life: Energize Your Career and Life by Taking a Break* and have appeared in numerous media, including The Gayle King Show, NBC in the Morning, and Fox Business News, *The Wall Street Journal*, and *The New York Times*. The website is <http://www.rebootpartnersllc.com>.

CATHERINE ALLEN is the financial expert among the group, former corporate executive, and Chairman and CEO of The Santa Fe Group. She is a well-known expert in cybersecurity, emerging technologies, financial services, and innovation, and she serves on a number of corporate and nonprofit boards. She co-authored two books before writing *Reboot Your Life* and *The Retirement Boom*, with her co-authors, including *The Artist's Way at Work* (William Morrow 1998) with Julia Cameron and *Smart Cards: Seizing Strategic Business Opportunities* (McGraw Hill 1997). She founded and led a financial services consortium of CEOs before “retiring” from there to reinvent herself with her consulting company and becoming a corporate director. She is active in public policy, politics, and the arts. She lives in Santa Fe, New Mexico, and Cape Cod.

NANCY BEARG has had a distinguished career in national security, including as National Security Advisor to the Vice President of the United States. From the White House to Capitol Hill, the Pentagon, and the non-profit sector, she has held high-level policy positions. She authored five books in her field for the Aspen Institute, including *Alleviating Global Poverty: Technology for Economic and Social Uplift* and *Conflict Prevention: Strategies to Sustain Peace in the Post-Cold War World*. She wrote several Congressional studies and a number of defense-related studies before penning *Reboot Your Life* and *The Retirement Boom* with her co-authors. She has reinvented herself along the way and is doing so now, as she balances consulting, teaching leadership at George Washington University, and personal life with her Reboot Partners work. She grew up in Idaho and lives in Washington D.C.

RITA FOLEY retired from a high-powered corporate career that culminated in leading a \$1+ billion Fortune 500 company. She designed her retirement so she could reboot and reinvent into a portfolio career and life. She serves on corporate and nonprofit boards and does executive coaching a third of the time, gives back a third of the time, mainly with non-profit organizations, and spends a third of her time on having fun with family and friends, and traveling. She is an accomplished photographer, a pursuit she took up after leaving corporate life. She lives in New York City and the Berkshires.

JAYE SMITH is the resident expert on navigating careers. She is an executive coach, organizational consultant, and facilitator, who founded and serves as President and CEO of Breakwater Consulting, which designs and conducts career-focused and team effectiveness programs for Fortune 500 companies. She also co-founded Partners International, a full-service human resources consulting company. Jaye teaches at New York University and City University of New York, and before *Reboot Your Life* and *The Retirement Boom*, she co-authored *Venus Unbound: A Guide to Actualizing the Power of Being Female* (Simon & Schuster). Jaye lives in New York City and Sag Harbor, New York.

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