



Barbara M. Walker

Coaching to Empower your Life!

For Immediate Release:

Create Your Retirement:
55 Valuable Ways to
Empower the Rest of Your Life

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Death by Golf!

Just 2 years after retirement thousands have died. Why?
Boredom, Lack of meaning in their lives, Loneliness.

The myth of the Golden Years is just that. Nearly 20% of people can find nothing good about retirement. Retirees miss their work and their colleagues. Only about 1/3 go on with work even though many more planned to. While 2/3 believe it is important to travel and to volunteer, they do not follow through in retirement. In fact, only 1/3 of retirees look forward to retirement and adjust well. The myth about fulfilling lifelong dreams is seldom realized.

Yet, thanks to early retirement and advances in medicine, Baby Boomers can expect to live for 30 years after retirement. They make up 1/3 of the U.S. population and are turning 50 at the rate of nearly 10,000 per day. They are healthy, wealthy, and well educated, and they need a new retirement lifestyle. Barbara M. Walker can tell them how to create it. Whether a twenty-something dot com millionaire or a senior citizen, Walker can help people with time and money on their hands to put meaning and magic into their lives. Walker is a twice-retired certified life coach and author fulfilling her retirement life by working with people who want to realize their lifelong dreams.

Create Your Retirement: 55 Valuable Ways to Empower the Rest of Your Life (ISBN 1-55369-814-2) is different from the multitude of books on retirement that focus on financial planning, lists of things just to keep busy or the virtues of many homes competing for seniors. Walker provides powerful questions and real-life examples so people can self-coach their way to finding their passion and making their lives meaningful. Walker's book encourages retirees to analyze and transfer their current skills, increase their scope of possibilities and enhance not only their sphere of influence but their self-esteem as they create a new, deeply satisfying retirement lifestyle.

Create Your Retirement: 55 Valuable Ways to Empower the Rest of Your Life (ISBN 1-55369-814-2), 186 pages, October 2002, is available from Trafford's Print-on-Demand website at www.trafford.com/robots/02-0627.html for 15.95 US\$, 22.95 CAN\$. Credit cards accepted. Download press kit at: <http://www.bmwalker.com/mediaroom.htm>.