

For Immediate Release

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What's Next in Your Life?

New Book Offers Non-Financial Tips for Retiring Boomers

New York, NY—*What's Next in Your Life?*, a guide to the non-financial aspects of retirement, written by Joan Strewler-Carter and Stephen Carter, co-founders of the Life Options Institute, an organization dedicated to helping people plan for life after age 50, has just been released.

Published by Rockhill Books, *What's Next in Your Life?* is written to appeal to the nation's 76 million baby boomers who, while they may have already planned for their financial retirement, need the tools to plan for a more fulfilling and rewarding life after 50, according to Ms. Strewler-Carter.

"The media continues to hammer the message of planning for your financial retirement, when there are so many non-financial issues to be considered including: at what age do you retire, do you continue working, do you relocate, consider wellness issues, etc." adds Mr. Carter.

Internationally recognized authorities on career and life planning, the Carters provide guidelines on how to approach retirement, present several options, and offer advice and how-to steps that help to explain the non-financial aspects of retirement.

Written in a simple and direct style that presents information quickly and clearly, *What's Next in Your Life?* is easy to read yet covers a great deal of important material. It includes personal anecdotes from people facing retirement or already retired to illustrate critical points.

What's Next in Your Life? along with a companion workbook, are available for purchase at www.WhatsNextInYourLife.com and www.Amazon.com. The cost of the book is \$14.95 and the workbook is \$9.95.

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