



Fire Up Your Life in Retirement: 101 Ways for Women to Reinvent Themselves

Catherine DePino Ed.D.

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Women want to be fulfilled in all areas of their lives and at all stages. They want to love and be loved. They want freedom from conflict and a peaceful existence. And when life doesn't meet these expectations, they want to be able to deal with their disappointments with strength and courage. It's that simple. What would it be like if women could realize all of these goals in retirement? This book helps women retirees fulfill their dreams by motivating and firing them up to live their best lives now, even if they weren't able to realize this level of joy and contentment in the past. *Fire Up Your Life in Retirement: 101 Easy Ways for Women to Reinvent Themselves* calls retired women to begin living the best years of their lives by working, playing, and interacting with family and friends in ways they never thought possible. All they have to do is resolve and start now. The rest will surely follow.

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