

For Immediate Release

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## **New Book Helps Older Workers Plan for the 21<sup>st</sup> Century Retirement**

***“Retirement Game-Changers” reveals strategies for a healthy, financially secure, and fulfilling long life***

OXNARD, CA, July 17, 2018 — Compared to previous generations, older working Americans face unprecedented, game-changing challenges to their financial security, health, and well-being, including increased lifespans, the decline of traditional pension plans, periodic stock market crashes, and skyrocketing costs for health and long-term care. But it’s also a good time to be aging: Research shows how to increase the odds of living long, healthy lives, and new products and services help build financial security.

With careful planning, older workers and retirees can live long and live well. *Retirement Game-Changers*, the latest in a series of books written by retirement expert Steve Vernon, helps older workers navigate the critical decisions they need to make as they transition from their work life into their retirement years.

Filled with invaluable resources, checklists, and wit, *Retirement Game-Changers* shares groundbreaking tools and research to help older Americans enjoy a long, healthy, and financially secure life.

In this easy-to-follow guide, readers will discover how to:

- Generate recession-proof retirement income that will last the rest of their lives.
- Enhance their health and longevity.
- Protect against potentially ruinous medical and long-term care costs.
- Lead a fulfilling and socially connected life.

*Retirement Game-Changers* also includes the following features:

- The ground-breaking Spend Safely in Retirement Strategy, which helps older workers decide when to retire and how to deploy their retirement savings.
- Traps for the unwary on a variety of topics, including retirement income and investment strategies, Social Security, medical insurance selection, health care, where to live, and how to nurture readers’ well-being.
- Action steps, plus mistakes to avoid and strategies to consider.
- A Retirement Reality Check to help assess readers’ overall retirement readiness.

- Access to three bonus chapters on [retirementgamechangers.com](http://retirementgamechangers.com) to help readers implement the strategies learned in the book, including finding professional help, using behavioral economics and psychology to help you succeed with your planning, and insights for navigating tax rules.
- A list of research citations for readers who want to learn more.

“This exciting new book provides critical help for boomers who are approaching their retirement years as well as their financial advisors. It’s also a great tool for employers and retirement plan sponsors who want to help their employees and participants better prepare for retirement,” said Vernon.

Plan sponsors who are interested in incorporating *Retirement Game-Changers* as part of their retirement education and planning programs should visit [www.restoflife.com](http://www.restoflife.com).

### **About the Author**

Steve Vernon, FSA, provides trusted and unbiased guidance on the most challenging financial, health, and lifestyle decisions for retirement. He is a Research Scholar at the Stanford Center on Longevity and writes a regular blog column for *CBS MoneyWatch*. He’s also president of *Rest-of-Life* Communications, where he conducts retirement planning workshops and financial education campaigns. For more details on his experience, books, and services, visit Steve’s website at [www.restoflife.com](http://www.restoflife.com). Steve can be reached directly at [steve.vernon@restoflife.com](mailto:steve.vernon@restoflife.com).

*Retirement Game-Changers: Strategies for a Healthy, Financially Secure, and Fulfilling Long Life*

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