



## Smart Women Don't Retire -- They Break Free: From Working Full-Time to Living Full-Time

*By The Transition Network, Gail Rentsch*

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### **Smart Women Don't Retire -- They Break Free: From Working Full-Time to Living Full-Time** By The Transition Network, Gail Rentsch

For the amazing female pioneers who shattered the glass ceiling, a practical and inspiring guide to reinventing what's next.

Boomer women have been trailblazers throughout their professional lives. Now that their careers are losing their edge and children leave the nest, these women are ready to do for retirement what they did for the working world--redefine it. The first book from The Transition Network focuses on the unique needs of women as they explore new possibilities and redesign the old model of retirement, which no longer offers the challenges that these women experienced throughout their careers.

This book shows how to create new and exciting work and volunteer opportunities and how to discover new outlets for creativity and passion. Rich in practical advice and stories from women who have successfully navigated this stage, SMART WOMEN DON'T RETIRE -- THEY BREAK FREE is a blueprint for women seeking a whole new set of life choices.

THE TRANSITION NETWORK is a nation-wide community of women who are creating exhilarating new transition possibilities. Members network through monthly programs; online; and through dynamic peer groups. Members have had successful careers in government, finance, international corporations, and the arts.

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**Smart Women Don't Retire -- They Break Free: From Working Full-Time to Living Full-Time** By The Transition Network, Gail Rentsch **Bibliography**

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### Editorial Review

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Rentsch, a founding member of the Transition Network (a national community of women over 50 considering retirement), has extensively interviewed women approaching retirement, finding that they do so differently than men; their planning often leads to reflection and reassessment of who they are and what they want to do. Baby boomer women gained unprecedented recognition in their careers, with greater choices than earlier generations of women, and they will reshape the concept of retirement. Women may continue to work or find other ways to stay sharp and involved, intellectually and emotionally at the top of their game. Although our culture worships youth, the author views boomers' large numbers as a source of power, and each individual will choose to be "an old fussbudget or youthful and vibrant." Rentsch acknowledges that health plays an important role in retirement years, as do economic limitations and family demands. Nevertheless, retirement choices are available for many women, and this thoughtful, well-researched book will inspire a broad range of library patrons. --Mary Whaley

### Review

Whereas parents before aspired to the ideal of completely escaping the work world for a warmer climate, baby boomers are developing new models for their "golden years." Public relations professional Rentsch is a founding member of the Transition Network, a national organization for women focused on retirement transition issues. Drawing on research and interviews, she explores a range of topics, from preparing for and deciding when to retire to overcoming self-defeating stereotypes about aging women and uplifting ideas about a meaningful retirement. Each chapter presents frank discussions, inventories and checklists, and case studies of real women's lives. Interpersonal topics like coordinating retirement with a spouse and cultivating friendships as one ages are also covered... This insightful book reinforces the idea that retirement can be transformative and even "cool."

---*Library Journal*

"All women 50+ should read this book...regardless of where they are on their retirement journey!"

--Jeri Sedlar, Co-author, *Don't Retire, REWIRE!* and Senior Advisor to the Conference Board on the Mature Workforce

"Women are investing in their health by being part of the Transition Network-making the connections to explore retirement, finding new friends, and engaging in social and volunteer activities. This book will spread that message to women across the country."

--Dr. Eileen Hoffman, Clinical Associate Professor of Medicine NYU School of Medicine, Specialist in women's health, pioneer in the field of gender-based medicine

"The Transition Network (TTN)...is the *only* organization I know that zeroes in on the needs of successful women as they enter a new and productive transition in their lives...Now they have developed an invaluable handbook that spells out the challenges along the way, along with solid advice about how to meet them."

--Suzanne Braun Levine, first editor-in-chief of *Ms.* Magazine and author of *Inventing the Rest of Our Lives: Women in Second Adulthood*

"Boomers are continuing to pioneer each stage of life----in the next decade a huge number of women will be making a work-related transition from a life time career to whatever comes next. They will need sage advice and the community of like minded women to ensure that their transition is a positive one. This book from The Transition Network provides a valuable orientation to this process; it is rich in practical advice and inspiring stemming from the stories of women who have just recently journeyed through and navigated this complex stage of their lives..."

--Jennie Chin Hansen, *President-Elect, AARP*

#### About the Author

**THE TRANSITION NETWORK (TTN)** is a dynamic community of women who are creating exhilarating new transition possibilities. Members network online and through monthly programs and dynamic peer groups, with chapters in New York, Washington, Chicago, and other locations across the country. Members have had successful careers in government, finance, international corporations, education, and the arts. To find out more about The Transition Network, you can visit its Web site at [www.TheTransitionNetwork.org](http://www.TheTransitionNetwork.org).

**Gail Rentsch** is a founding member of The Transition Network and a veteran book-publishing professional. She lives in New York.

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**Josette Leonard:**

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