

You're not over the hill. You're really on top of it.  
And, you probably have another 20 to 50 years to live.  
Are you prepared to embrace the rest of your life?

Now is the best time for a new beginning—journey with Gloria  
to plan your retirement and experience Revivement.

- Reinvent and reinvigorate your life.
- Find purpose, meaning, and fulfillment.
- Learn new scientific research and practices for longevity.
- Overcome ageism and increase your brain smarts.
- Unearth and activate your dreams of long ago.

*"I've had the good fortune to know Gloria for more than 40 years and throughout that time I've witnessed her ability to reinvent herself—and to help others do the same thing. Her energy and enthusiasm are inspiring, and in fact contagious. I've previewed this latest book and find it filled with inspiring stories, exercises, and good advice. Gloria, as always, remains a vital resource in a changing time."*

— **Robert Stein**, President/CEO, American Society on Aging

*"This is a must read for anyone retiring or already retired. Gloria takes you on a journey to the innovations being discovered that will impact your longevity. She gives you the elements of a satisfying and fulfilling life. And, she provides exercises to help you think through how you want the rest of your life to be."*

— **Ken Dychtwald**, Ph.D., CEO of Age Wave and author of  
*A New Purpose: Redefining Money, Family, Work, Retirement, and Success*

*"Planning for retirement is usually focused on saving enough money to retire. Rarely is a careful assessment made to maximize what this exciting stage of life can bring in terms of happiness, love and mental and physical fulfillment. Rather than just hoping it will all work out, Gloria provides an easy-to-follow roadmap to making "revivement" a time for achieving unmet dreams and making new ones come true. It's a gift to us all."*

— **Bruce W. Burtch**, author of *Win-Win for the Greater Good*, and  
recognized internationally as a pioneer in the field of cross-sector  
partnerships and cause marketing



Gloria Dunn-Violin is also the author of *Wiser Ways to Work: From Making a Living to Having a Life*, and a professional speaker, workshop leader, and writer. She enjoyed 25 years in the workplace providing services in training, coaching, and consulting in Organizational Development and Behavior, and 10 years as an award-winning public relations professional.

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*Live fully and find satisfaction and meaning.  
Make your retirement the best years of your life!*

ReVivement

Having a Life After Retirement

GLORIA DUNN-VIOLIN

# ReVivement

*Having a Life After Retirement*



An Uplifting  
**INTERACTIVE GUIDE**  
To Invigorate  
Your Later Years

**GLORIA DUNN-VIOLIN**

Leading-Edge Research ▪ Inspiring "People Stories"  
Your Guidebook to Create a Fulfilling Life



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