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Life Reimagined: Discovering Your New Life Possibilities

New book co-authored by motivational coach Richard Leider and Fast Company co-founder Alan Webber explores ways to envision new goals and pursue passions at any age

WASHINGTON-October 7, 2013- When one chapter is finished and the next one has yet to be written people sometimes wonder, “What’s next?” For many people, it happens at midlife but it can happen at any point. It’s the beginning of a new life phase and a time full of enormous potential: a life reimagined.

“Life Reimagined: Discovering Your New Life Possibilities,” co-published by AARP and Berrett-Koehler Publishers, takes the mystery out of entering a new life phase. Through the stories of ordinary people who have reimagined their lives in extraordinary ways, authors Richard Leider and Alan Webber share powerful insights and tools that will help readers connect with others and explore new possibilities for their careers, relationships, finances, health and more.

In the foreword, AARP Chief Brand Officer Emilio Pardo writes, “This [book] is a road map for the “new normal” of reimagination and new choices that confront so many people today in midlife and beyond. And you will discover that its message applies to younger adults who find themselves navigating major life transitions in a time of rapid change. Whatever your own phase in life, the road map shows you how to find the inspiration and courage to reimagine your direction, reassess your gifts, and unlock your personal potential.”

Leider, who is ranked by Forbes as one of the “Top 5” most respected executive coaches and is also the author of bestselling “Repacking Your Bags,” and Webber, co-founding editor of Fast Company magazine and a former editorial director of the Harvard Business Review, are both members of the **Life Reimagined Institute for Innovation**, a world-class group of thought leaders in the areas of life and career coaching, psychology, personal development, health and entrepreneurs. The Institute, which will be formally launched later this year, explores new ways of living, learning and growing and creates experiences-both online and in-person- that prepare people to thrive at every stage in their lives.

To purchase “Life Reimagined: Discovering Your New Life Possibilities,” visit www.aarp.org/books or www.lifereimagined.org.

About AARP

AARP is a nonprofit, nonpartisan organization, with a membership of more than 37 million, that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families such as healthcare, employment security and retirement planning. We advocate for consumers in the marketplace by selecting products and services of high quality and value to carry the AARP name as well as help our members obtain discounts on a wide range of products, travel, and services. A trusted source for lifestyle tips, news and educational information, AARP produces AARP The Magazine, the world’s largest circulation magazine; AARP Bulletin; www.aarp.org; AARP TV & Radio; AARP Books; and AARP en Español, a bilingual news source. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. The AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. AARP has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. Learn more at www.aarp.org.

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