



Doctor's Prescription For A Rejuvenated Life After 50 Ensures That The Next 30+ Years Can Be Happier, More Fulfilling and Meaningful

Prime Time Makeover, March 31, 2008

URL: <http://www.pr9.net/health/healthedu/7746march.html>

Subtitled "How To Make The Rest Of Your Life The Best Of Your Life," the book shares a multitude of ideas on how you can create and maintain the life of your dreams rather than follow the conventional, sedentary retirement of previous generations.

PR9.NET March 31, 2008 - Norwalk, CT - Newly released "Prime Time Makeover" is the definitive guide to creating a successful second half of your life. Unlike other books on planning for retirement, Dr. Cynthia Barnett's new publication focuses on the emotional, spiritual and psychological aspects of transitioning from where you are to where you've always hoped to be.

Subtitled "How To Make The Rest Of Your Life The Best Of Your Life," the book shares a multitude of ideas on how you can create and maintain the life of your dreams rather than follow the conventional, sedentary retirement of previous generations.

Dr. Barnett's book has received high praise from both the medical and coaching communities. As the well-known author Bernie Siegel, MD (365 Prescriptions for the Soul and 101 Exercises for the Soul) said "Just as a graduation is a commencement and not a termination, this book teaches you how to make your life into a series of beginnings. I call it being born again, and no matter what your age, with a little labor on your part, it is possible. So let Dr. Cynthia be your midwife to a new life."

"Prime Time Makeover" is more than a mere feel-good self help book. Written by a noted life coach and retirement life planning strategist, it provides practical suggestions, specific tools and actual worksheets to help people post-50 prepare for and realize a more active and fulfilling future.

Dr. Barnett writes for everyone yet understands the uniqueness of each individual. She provides inspiration and practical advice for reconnecting socially, identifying and pursuing hobbies, starting new businesses and redefining the most important relationships people have (spouse, children, parents).

"Prime Time Makeover" includes extensive research and identifies real-life opportunities and resources for continuing to work (either part or full time), volunteering and educational pursuits. Perhaps most importantly, its inherent enthusiasm is contagious and can provide the impetus for anyone to reshape his or her life for the better.

Dr. Cynthia Barnett, an educator for over 30 years, successfully transitioned into an entrepreneurial pursuit and is a respected life coach who offers individual counseling and spearheads the Re-Fire, Don't Retire™ 90 Day Mentoring Program for those who want to learn how to reinvent themselves in order to live a happier retirement. Dr. Barnett is also the author of "Stop Singing the Blues: Ten Powerful Strategies for Hitting the High Notes in Your Life" and has been featured in TIME magazine.

"Primetime Makeover" is available in major bookstores like Barnes and Noble and Borders, as well as on Amazon.com and the author's website, www.primetimemakeover.com.

Dr. Barnett is available for interviews by phoning 203-855-9714 or e-mailing her at drcynthia@primetimemakeover.com.

###

About Prime Time Makeover

Dr. Cynthia Barnett, an educator for over 30 years, successfully transitioned into an entrepreneurial pursuit and is a respected life coach who offers individual counseling and spearheads the Re-Fire, Don't Retire™ 90 Day Mentoring Program for those who want to learn how to reinvent themselves in order to live a happier retirement. Dr. Barnett is also the author of "Stop Singing the Blues: Ten Powerful Strategies for Hitting the High Notes in Your Life" and has been featured in TIME magazine.

Phone: 203-855-9714
Website: <http://www.primetimemakeover.com>
E-Mail: rejuvenated50@gmail.com
Address: PO Box 702
Norwalk, CT 06855