

City writer is finalist for national award

Brampton's Joyce Li, who works as a clinical counsellor at Bayridge Counselling Centre in Mississauga, has been shortlisted in a national writing competition.

Li's book, *Reimagine Your Retirement: How to Live Life to its Fullest and Leave a Lasting Legacy*, traces her experience as an immigrant, a baby boomer, mother, professional woman and persistent dreamer, is a finalist in the instructional book category in the 2014 Word Awards sponsored by The Word Guild.

The winner will be announced June 11 at a black-tie Awards Gala at World Vision headquarters in Mississauga, to which the public is invited. The gala is the premier event honouring the work of Canadian writers who are Christian.

The \$5,000 Grace Irwin Prize will be presented to the author of the best book entered in the competition.

"I am incredibly humbled and honoured to be shortlisted for this award," said Li, who's also a motivational speaker. "Many readers have told me with great delight that *Reimagine Your Retirement* empowered them to act on

their dreams strategically and methodically. Nothing brings me more joy than to witness transformed lives."

In Canada and the United States, 90 million baby boomers (those born between 1946 and 1964) are celebrating or soon will be celebrating their 50th or 60th birthdays. What "retirement" means to this generation of middle-aged is a huge topic these days. Is it about spending the next 20 or 30 years in leisure living or doing the same old routines in a reduced capacity? How about re-thinking and re-defining our retirement?

"*Reimagine Your Retirement* helps us build effective strategies and a solid plan to guide us in living life to its fullness, enabling us to leave a lasting legacy," Li said.

Li says she was motivated to write her book when she heard middle-aged colleagues and friends speak about activities or causes they feel passionate about.

"They want to contribute to society by doing what they enjoy the most. They want to give back and share their insight on valuable life lessons. Though leaving a lasting legacy

appeals to them, many don't know how to approach their future strategically in order to fulfill their bigger dreams."

Reimagine Your Retirement unpacks the concept of retirement and life stages, debunks some common myths about aging, examines helpful strategies for aging gracefully and explores the opportunities for living our passion during the next stage of life.

Step-by-step, the book guides readers on a self-discovery journey and leads them to create an action plan that fulfills their unique calling, while drawing on their personalities, talents,

passions, and life gifts.

"My target audience is anyone over 40 years old. In fact, it's never too early to plan for your retirement.

"If you know where you want to be, you benefit from that knowledge because every day you are moving one step closer to your destination," she said.

The book is available at Amazon.



Joyce Li