



## FOR IMMEDIATE RELEASE

**Contact:** Betty Leaver, Managing Editor, MSI Press  
1760-F Airline Hwy, Hollister, CA 95023  
831-578-0290 (phone); 831-886-2486 (fax)  
[editor@msipress.com](mailto:editor@msipress.com)

### *Creative Aging:*

### *A Baby Boomer's Guide to Successful Living*

shares hope, optimism, and excitement about entering into the years past 50 with enthusiasm and planning for finally doing what you might always have wanted to do!

*"What does it mean to age well? Is it just a matter of maintaining our energy and exercising regularly? Or is there something more in the aging scenario, some component that spells 'success,' so that our friends marvel and people can't believe it when we say, 'I'm 65.' To me, that component is freedom... it's the immeasurable aspects of freedom that interest me, those subtle conditions that determine our psychological mobility, the unlimited possibilities of our mind, and even our relationship to our bank account."*

-excerpt from *Creative Aging: A Baby Boomer's Guide to Successful Living*

## *Creative Aging: A Baby Boomer's Guide to Successful Living*

by  
**Cheryl Vassiliadis  
&  
Joanna Romer**

**MSI Press**

**Non Fiction  
Self-Help**

**\$14.95**

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author for media  
commentary, email  
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*Creative Aging: A Baby Boomer's Guide to Successful Living* encourages those who are at or nearing retirement to actively plan for the years ahead. Individual stories of Boomers who have learned to flourish after age 50 are showcased, along with productive influences gained from spirituality, health, and "the Woodstock Generation". Along the way you will discover:

- how to take inspiration from childhood and young adulthood to reignite a passion for the *troisieme age*;
- how to use your creativity to stay happy, healthy and enlightened; and
- how to formulate lifestyle plans that match your expectations.

Activities are provided at the end of each section to help the reader define and make life choices (and changes).

Co-written by a leader in the Creative Aging movement and the author of two popular books on change-of-life issues (*Widow* and *Widower*), this book combines information from extensive research, surveys, and interviews with baby boomers and experts on creative aging with personal experience in all of the wide range of topics covered in the book.

### **Certain to become a constant companion of Baby Boomers everywhere!**

For more information, email [editor@msipress.com](mailto:editor@msipress.com).

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#### **Authors:**

**Cheryl Vassiliadis's** writing has appeared in the *Daytona Beach News-Journal*. Her articles on health and lifestyle issues, gardening, food and dining and home design were featured in several Daytona area magazines. As a dancer, she performed with the Fort Wayne Ballet and Southern Ballet Theatre. Today, she teaches Tai Chi and Flowing Rhythm dance classes in an active adult community where she resides.

**Joanna Romer** is the author of *Widow: A Survival Guide for the First Year* (2012) and *The Widower's Guide to a New Life* (2014). Her writing has appeared in *The New York Times*, *Cosmopolitan*, *Mademoiselle* and other publications. With her late husband, Jack Milton, she wrote and produced the 1972 feature film *Please Stand By*. Romer taught communications in colleges and universities for 16 years.