



# Discover . . . . How to Make

## The **REST** of Your Life The **BEST** Of Your Life!

# Dr. Cynthia Barnett

### WHAT OTHERS ARE SAYING:

*Thank you for your encouragement and guidance. Your inspiration helped me develop a positive program of action, which led me to earn an undergraduate degree, and to be accepted to graduate school this fall.*

**Glendia Fowler- Cartwright**

*Cynthia is brilliant, her enthusiasm combined with her results-oriented approach has done wonders for my life. After working with her, I am better able to plan the retirement I dreamed about. I now feel uplifted, hopeful, and better about myself. Working with Cynthia was truly an eye-opener for me.*

**Diane Wilson**

*Every once in a while something wonderful comes from something unexpected. I must admit that is what happened for me during your seminar. I did not enter the workshop expecting to be captivated. However, that is precisely what happened. I found myself thinking in depth about my values and dreams. I found out a lot about myself. I also enjoyed going home and discussing the seminar with my husband.*

**Beverly Jones**

*I cannot begin to explain how much of an impact you have made in my life. Your goal setting examples and your stick-to-it ness has been unequalled during my life walk You are a true leader-(the kind that is actually pushing. I am so pleased to have you for a mentor.*

**Jackie Ramos**

### About Dr. Cynthia Barnett

Dr. Cynthia Barnett is an author, master facilitator and retirement lifestyle expert. She is a "re-fired" educator who has reinvented her life, moving from the school-house to an entrepreneurial venue. She retired from her position as an Assistant High School Principal to "Re-Fire her Life"

Her "refirement" message has been featured in *US News* and *World Report*, local papers TV shows" She was recently featured in *Time Magazine* for its lead article about women in midlife who have reinvented themselves. Dr. Cynthia is a leading authority on how to "re-fire" and reinvent yourself by making the rest of your life the best of your life. She was featured on WCBS- TV in their Martin Luther King "Fulfilling the Dream" program which honored people, individuals and organizations that gave back to their communities.

- Doctorate in Leadership from Columbia University
- Certified Facilitator of Stephen Covey's *The 7 Habits of Highly Effective People, Family and Teens* and *Focus: Achieving Your Highest Priorities.*
- Trained by Jack Canfield, author of the #1 Best-Seller *Chicken Soup for the Soul* as a self-esteem facilitator.
- Graduate of Dr. Marty Seligman's Authentic Happiness Program
- Certified Retirement Lifestyle Specialist

Dr. Barnett believes that retirement is not about sliding quietly into an armchair and thinking up ways to spend your time. Rather, it is a time to live old dreams, discover new facets of your life and put the wisdom of a lifetime to productive use.

A fulfilling retirement doesn't just happen. It's created. Whether you have already retired, or retirement is in the near future, Re-Fire, Don't Retire is your guide on this important, life-changing journey. Through our empowering retreats, seminars, special events, and exclusive information and resources from retirement experts, we help you create an extraordinary retirement that will help you make the rest of your life the best of your life.

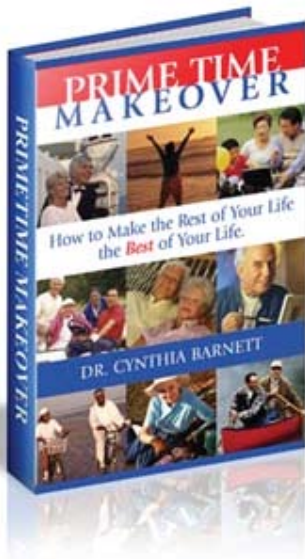


# Re-Fire, Don't Retire™ will help you:



- Identify your strengths and revision them for a purposeful retirement.
  - Redefine yourself.
  - Enlarge your vision of new possibilities.
  - Rejuvenate your mind, body and spirit.
  - Eliminate all barriers that stand in the way of your success.
- Discover and awaken the unlived dreams within you.
  - Create an action plan.
  - Get your groove back!

## To help you Re-Fire & Re-energize Your Life



Prime Time Makeover: How to Make the Rest of Your Life the Best of your Life, by Dr. Cynthia Barnett is essential reading for all retirees and anyone planning to retire in the next five years. This book will not only help you create a roadmap for joyful living, it's chock full of tips, tools and practical techniques for creating a fabulously fulfilling life in your golden years. Prime Time Makeover will help you:

- ✓ Ignite your untapped potential and resuscitate your forgotten dreams.
- ✓ Feel in control and impervious to the judgments of others.
- ✓ Wake up filled with purpose and excited about the day's events.
- ✓ Learn to redefine and reinvent yourself for ultimate success.

***"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."***

—Bernie Siegel, MD

author of *365 Prescriptions for the Soul* and *101 Exercises for the Soul*

