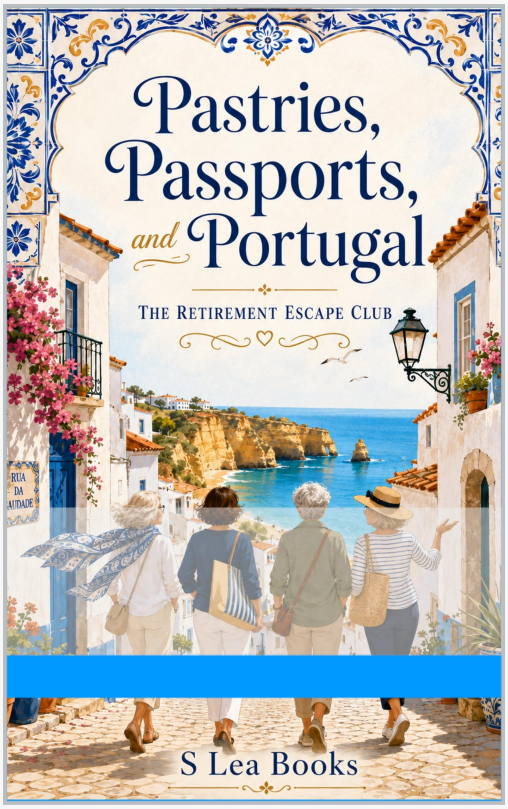
The Retirement Escape Club Turns Retirement Anxiety Into an Adventure Abroad

S Lea blends friendship, humor, and real retirement concerns as four women explore whether Portugal could offer an affordable and adventurous new beginning.



The Retirement Escape Club: Pastries, Passports, and Portugal by S Lea Books

NEW YORK CITY, NY, UNITED STATES, September 3, 2026 /EINPresswire.com/ -- S Lea transforms a familiar retirement fear into a warmhearted journey of friendship and reinvention in The Retirement Escape Club: Pastries, Passports, and Portugal. The women's fiction adventure follows Maggie Ellis, a responsible woman in her sixties who has survived divorce, worked hard, and carefully planned for the future—only to confront a troubling possibility: retirement in America may cost more than she can comfortably afford. Instead of surrendering to uncertainty, Maggie forms a club with three other women and begins exploring whether life abroad could provide a more affordable and fulfilling next chapter.

Maggie is joined by Diane, a widowed former nurse who believes in being prepared for every medical possibility; Rita, a quick-witted retail veteran who finds humor even in financial anxiety; and Linda, an optimistic dreamer searching for beautiful surroundings without an extravagant budget. Their first destination is Portugal, where Pastries, Passports, and Portugal takes them through the Algarve's cafés, tiled streets, coastal scenery, unfamiliar transportation, tempting pastries, unexpected accommodations, and physically demanding staircases.

Pastries, Passports, and Portugal is the first book in The Retirement Escape Club series. Future installments will continue following Maggie, Diane, Rita, and Linda as they navigate retirement, friendship, finances, and the realities of building a life abroad—turning uncertainty into action and anxiety into curiosity.

The inspiration for the series grew from the author's own questions about retirement later in life. After decades of work, S Lea began wondering whether enough had been saved to retire

comfortably and started researching Social Security, healthcare, living expenses, and international alternatives. That research raised a larger question: Does retirement have to mean remaining in the same place while continually cutting expenses, or could it become an opportunity to reconsider how and where to live?

Developed through extensive research into retirement and affordable living abroad, The Retirement Escape Club series grounds its fictional characters and situations in real-life concerns faced by many people approaching retirement. While the characters' personalities, friendships, and adventures are fictional, the underlying financial and lifestyle questions are designed to feel recognizable—especially for readers who may feel caught between the retirement they imagined and the resources available to make it possible.

With Pastries, Passports, and Portugal, S Lea launches a series about far more than finding an affordable destination. At its heart, the story examines the possibility of creating a new plan when the expected one no longer seems workable, reminding readers that getting older does not have to mean becoming less adventurous—and that an uncertain future can still contain meaningful friendships, unexpected freedom, and exciting possibilities.

The book is available at:
https://a.co/d/0gsYXgIl

For review copies, interview requests, or additional information, please contact:

S Lea
BrightKey PR
sleabooks@gmail.com

This press release can be viewed online at: https://www.einpresswire.com/article/939516657

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.
© 1995-2026 Newsmatics Inc. All Right Reserved.