The New 65: Rewiring, not Retiring, SELF-HELP Aging Book by Sandy Goldman, Founder-65Nation Newsletter for Baby Boomers

The book reveals the author's personal journey of reinvention to help readers transform life's next chapter into their most meaningful one with practical advice



The New 65: Rewiring, not Retiring Book Cover

DELRAY BEACH, FL, UNITED STATES, September 16, 2026 / EINPresswire.com/ -- The New 65: Rewiring, not Retiring: Reclaim Your Purpose, Profit, and Play by Sandy Goldman is published by Outskirts Press, Inc. as a Paperback, Hardback, and e-Book in the SELF-HELP / Aging category and is available worldwide on book retailer websites such as Amazon and Barnes & Noble. The Book is also available as a downloadable PDF with an optional Workbook via the author's 65NationNewsletter book webpage.

> The New 65 is full of interesting stories and important tips about how to flourish in the second half of life. It's for anyone who wants to understand how to embrace life as we age."
>
> *Ken Stern, author of "Healthy to 100"*

About the Book
Sixty-five isn't the finish line. It's a rewiring point.

At 65, Sandy Goldman did not read about reinvention. He lived it during the same year he lost his wife of thirty-nine years. The New 65: Rewiring, Not Retiring is not written by a researcher studying retirement from the outside. It is written by someone who rebuilt his identity, his daily routine, and his sense of purpose from the ground up, with no roadmap. Drawing on more than three decades of marketing and brand-building experience, Sandy transformed that personal reinvention into 65Nation, a daily newsletter that now reaches more than 100,000 Baby Boomers seeking practical inspiration and a better way to navigate life's next chapter.

This book challenges the outdated belief that 65 is the finish line. Instead, it presents a compelling case that 65 is a rewiring point, an opportunity to redefine success, rediscover purpose, and embrace a richer, more meaningful future. Across ten engaging chapters, Sandy tackles the questions many retirement books avoid. Who are you when your career no longer defines you? How do you rebuild after losing the person who anchored your life? How do you create purpose, connection, financial confidence, and lasting fulfillment in the years ahead?

This book is for those approaching sixty-five, just arrived, or well past it and still wondering whether the best years are behind you. A chance to redefine what success means to you, rediscover your purpose, and build something richer than the version of retirement you were handed.

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