



Therapist's New Book for Disillusioned Baby Boomers Based on Overcoming Her Own Life Challenges

Amy Sherman's new ebook, [Distress-Free Aging: A Boomer's Guide to Creating a Fulfilled and Purposeful Life](#), offers inspiring answers to some difficult and consuming problems facing baby boomers today. With so many people dealing with aging parents, health challenges, the Empty Nest Syndrome and their own inevitable ideas about growing older, Sherman has harnessed effective tools and techniques to make the transition easier.

Lake Worth, FL ([PRWEB](#)) August 2, 2007 -- More than 76 million baby boomers are facing the daunting reality of retirement and other reminders of aging. For some this is quite depressing, since their expectations about what lies ahead may lack the bright promise they once took for granted in their youth.

Amy Sherman, a licensed mental health counselor, has been focusing her time on working with boomers who are having personal issues too difficult to handle themselves. Through this work, she devised winning strategies that empower boomers to gain back their enthusiasm and to live their lives with genuine passion. These strategies are now available in an ebook entitled, [Distress-Free Aging: A Boomer's Guide to Creating a Fulfilled and Purposeful Life](#).

[Distress-Free Aging](#) relates to all boomers who feel disillusioned, disappointed or just bummed out about the way their lives are going. With so many people dealing with aging parents, the Empty Nest Syndrome, health challenges, career changes, financial setbacks and their own inevitable ideas about growing older, Sherman has harnessed effective tools and techniques to make the journey easier and more productive. [Distress-Free Aging](#) focuses on 10 strategies that redirect and transform these challenging years into something meaningful.

"As a boomer myself, I felt the frustration and disappointment of living my life without the personal satisfaction of being fulfilled. I had to redefine who I was so I could move beyond my comfort zone to create my exciting future," says Sherman.

"This guidebook offers inspiring answers to some difficult and consuming problems," she explains. It looks at how self-defeating attitudes sabotage the best intentions. It examines how to take back control when things seem chaotic. It shows how reaching for clear and concise goals give direction and purpose. Through determination, dedication and a commitment to succeed, [Distress-Free Aging](#) helps turn setbacks into amazing possibilities."

Sherman feels very passionate about the strategies she presents. She is living proof that they work, since she was able to overcome serious health problems during pregnancy, utilizing these same concepts. She believes that the energy you devote to identifying what you want creates the behavior to make it happen and that possibilities are limitless. "I found that several specific techniques uncovered my personal strength from within, which enabled me to change the direction of my life and heal my body," she notes.

For more about [Distress-Free Aging: A Boomer's Guide to Creating a Fulfilled and Purposeful Life](#) go to <http://www.distressfreeaging.com>. Sherman is offering three special bonuses, including a complimentary 30 minute coaching session with the purchase of her book.



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