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FOR IMMEDIATE RELEASE

YOUR COMPLETE GUIDE TO A SUCCESSFUL AND SECURE RETIREMENT

By Larry Swedroe and Kevin Grogan

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“A comprehensive guide to the emotional and financial issues involved in achieving a fulfilling and stress-free retirement. The wise advice is accessibly presented with a sensitivity that can only come from years of advising individual clients how to make some of the most important decisions of their lives.”

— Burton G. Malkiel, author of *A Random Walk Down Wall Street*

“A highly sophisticated look at smart ways of managing money in retirement, creating a ‘homemade paycheck,’ and securing your standard of living.”

— Jane Bryant Quinn, author of *How to Make Your Money Last*

ENJOY A HAPPY, WELL-FUNDED RETIREMENT

YOUR COMPLETE GUIDE TO A SUCCESSFUL AND SECURE RETIREMENT by Larry Swedroe and Kevin Grogan Covers All the Bases from Investing and Social Security to Preparing Heirs and the Threat of Elder Financial Abuse

Most people look forward to retirement and the freedom it represents. But the truth is that retirement can be highly stressful – and is made more so by the failure to plan for this major life change. In their new book, **YOUR COMPLETE GUIDE TO A SUCCESSFUL AND SECURE RETIREMENT** (Harriman House; January 2019), Larry Swedroe and Kevin Grogan present the definitive resource on preparing for a secure and comfortable retirement.

“While so many of us have carefully planned our education, career choices, and family responsibilities, we tend to fail to prepare a written retirement life plan that considers, among other things, our passions, financial security, charitable endeavors, relationships, intellectual stimulation, and having fun,” Swedroe and Grogan write. In developing their book, they

More

SUCCESSFUL RETIREMENT/Page Two

included advice from other authorities – such as Alan Spector and elder care specialist Carolyn Rosenblatt – to help people create a comprehensive strategy. With this added expertise, the authors address such topics as:

- **Beyond the Financials** – Financial planning should be only one part of retirement preparation. “The ‘big rocks’ in life – be it spending time with family and friends, doing community service, working on your hobbies, or whatever brings you fulfillment – are the things that we can actually control and bring us joy,” they say. Moreover, focusing on these “rocks” will make you a better investor, because research shows that the more time we spend checking and rechecking our portfolio and account balance, the worse our investment outcomes.
- **Care and Maintenance of Your Portfolio** – “Think of your portfolio like a garden: to keep it producing the desired results, it needs disciplined care, weeding, and nourishing,” write Swedroe and Grogan. They devote multiple chapters to such key issues as asset allocation, rebalancing, evidence-based vs. active investment, and tax management. They also discuss the use of Monte Carlo simulations to understand the likelihood of various outcomes given particular investment strategies, and how to reduce the risk of “black swans” – major unexpected events.
- **Social Security and Medicare** – Deciding when to begin taking Social Security benefits can make tens of thousands of dollars’ worth of difference over a lifetime. Likewise, there are a multitude of options when it comes to Medicare. The authors provide guidance about maximizing benefits.
- **Longevity Risk** – People are familiar with buying insurance to protect their homes, cars and lives. But there is another risk many don’t consider – the risk of outliving one’s assets. The authors explain how income annuities can mitigate this risk.
- **The Role of Insurance** – Any investment plan must be integrated into a well-designed life and financial plan that includes risk management. “While it may not be exciting, insurance plays a vital role in the planning process,” write Swedroe and Grogan. They address life insurance, long-term care insurance, disability income insurance, and more, to provide perspective on where each may fit into an overall plan.
- **Reverse Mortgages** – It used to be that the only ways to get equity from a home were to sell it, rent it, or borrow against it. Reverse mortgages present a fourth option, allowing homeowners to receive some of their home’s equity without moving or making regular loan repayments. The authors explain why, while they can be a relatively expensive means of borrowing, reverse mortgages may be appropriate in certain cases.
- **Women’s Unique Retirement Issues** – “Women, as a collective group, face at least twelve unique headwinds from financial and life circumstances relating to long-term retirement planning.” The book explores these factors – from earning less and living longer, to being

less aggressive investors and being more likely to bear the brunt of caring for both children and elderly parents – and offers solutions for women to be more financially empowered.

- **Transitioning Assets** – A financial plan is not complete without a well-thought-out design for transitioning assets. According to the authors, this means not only estate planning that focuses on passing wealth in a tax-advantaged manner, it also means preparing heirs for the assets they will inherit. Such preparation can go a long way in minimizing frustration, confusion, and disputes after death.

- **The Threat of Elder Financial Abuse** – More than \$36 billion is stolen each year from the elderly in the United States. The authors detail how an estate plan can be structured to protect you from being taken advantage of if you lose your sharpness of thinking – whether the risk is posed by strangers or by family.

With detailed, real-world examples backed by science and data, **YOUR COMPLETE GUIDE TO A SUCCESSFUL AND SECURE RETIREMENT** uniquely addresses every topic that is key to ensuring a comfortable retirement. This one-stop guide will be invaluable to anyone concerned about securing their later years.

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ABOUT THE AUTHORS

LARRY E. SWEDROE is Director of Research for Buckingham Strategic Wealth and The BAM Alliance. He holds an MBA in finance and investment from New York University and a bachelor's degree in finance from Baruch College. Larry was among the first authors to publish a book that explained the science of investing in layman's terms, *The Only Guide to a Winning Investment Strategy You'll Ever Need*. He has since authored seven more books and co-authored eight others.

KEVIN GROGAN is Director of Investment Strategy for Buckingham Strategic Wealth and The BAM Alliance. He is the co-author, with Larry Swedroe, of two previous books. He holds a bachelor's degree in finance from Missouri State University and an MBA from Saint Louis University. He is also a Chartered Financial Analyst and a Certified Financial Planner.