

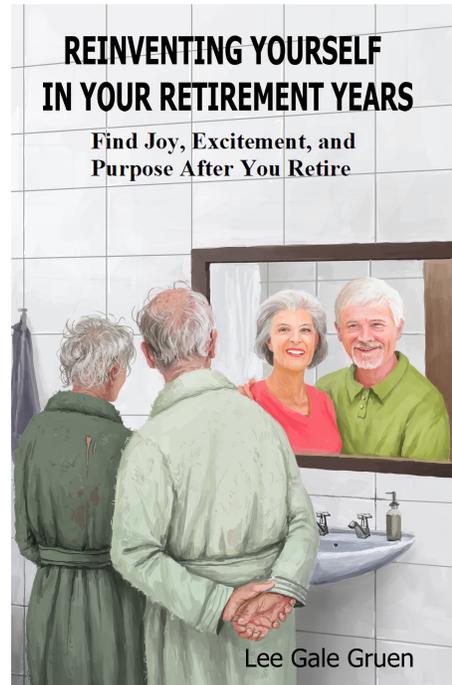
# Lee Gale Gruen

PWR's December 2020

Author of the Month

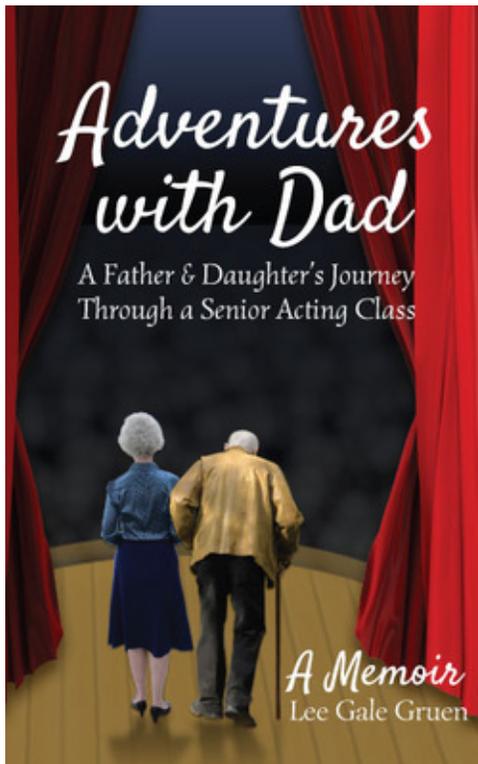
## Author of the Month

Lee Gale Gruen is Published Writers of Rossmoor's Author of the Month for December 2020. Her second book, *Reinventing Yourself in Your Retirement Years: Find Joy, Excitement, and Purpose After You Retire*, was published in November, 2020. It offers a detailed guide for retirees, those soon to retire, baby boomers, and seniors to reinvent themselves in this new stage of their lives. Not a one-size-fits-all approach, it highlights how each individual can identify and locate gratifying activities and pursuits based on their own interests and comfort level. The author learned the secret the hard way and finally transitioned from retired probation officer to actress, author, public speaker, and blogger. Audience members at her lectures on senior reinvention began requesting a book on the subject. This is the result, and it contains the content of those talks as well as six years of posts from her blog in which she shares her thoughts, observations, and experiences that she feels are universal to the retiree/senior demographic. Patricia Keith-Spiegel, PhD, Professor of Psychology, wrote the foreword to the book in which she states, "The first eight chapters set the stage for postretirement and offer a myriad of activities that are wide open for seniors, most of which offer new ways to discover fulfillment, pleasure, and purpose. The last chapter is a long one, consisting of a collection of remarkable short essays from her online blog, *Reinventing Yourself in Your Retirement Years*... These stories are best described as an interplay between you and the author and should be contemplated and savored before moving on to the next entry. You will have much to learn about yourself, and you will be the better for it."



## Bio

Lee Gale Gruen (Lee Gale is her first name) graduated college from UCLA and had a 37-year career as a probation officer. After retiring, she became an actress, author, public speaker, and blogger. She has appeared in television, films, commercials, theater, and print jobs. She performed regularly at medical schools portraying patients for student training and was one of six supporting exercise/dancers in the 2011 "Jane Fonda Prime Time Firm & Burn" workout DVD. Her transition to becoming an actress in her senior years has been written about in "Time Magazine," the "Los Angeles Times" newspaper, "AARP," and in Marlo Thomas' 2014 book profiling women who have reinvented themselves. Lee Gale has had several articles and short stories published, including in the Chicken Soup for the Soul series. She blogs and lectures publicly on senior reinvention. Her blog, lecture, and self-help book are all titled the same: "Reinventing Yourself in Your Retirement Years."



Lee Gale's previous book, a memoir: Adventures with Dad: A Father and Daughter's Journey Through a Senior Acting Class, was published in 2013. It begins when she retired at age 60 from her career as a probation officer and for fun started attending an acting class for seniors at a community program with her newly widowed, grieving, 85-year-old father. This true story recounts their magical journey attending that class together for three years, bonding more than ever. Lee Gale wrote the comedy scenes they performed in the acting class showcases twice a year, onstage in front of live audiences before she eventually transitioned into the world of professional acting. As her fledgling, second career started going uphill, her dad's health started going downhill. She would recount to him each of her new experiences as she sat beside his bed at the nursing home where he resided in his final years.

Lee Gale Gruen's website is: [LeeGaleGruen.com](http://LeeGaleGruen.com). Her free blog is: [LeeGaleGruen.wordpress.com](http://LeeGaleGruen.wordpress.com). Both books are available for purchase on Amazon.com and from Lee Gale – contact her at [gowergulch@yahoo.com](mailto:gowergulch@yahoo.com).

