



**ROAR** AWAKENING THE LION WITHIN™

## ROAR Community Newsletter

*News and views by ROAR*

August 28, 2009

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*Your Retirement, Your Way*

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*"It is in vain to say  
human beings ought  
to be satisfied with  
tranquillity: they must  
have action;  
and they will make it  
if they cannot find it."*

*- Charlotte Bronte,  
Jane Eyre*

### What's in a Name?

*by Joe Sturniolo*

**Juliet:**

*"What's in a name? That which we call a rose  
By any other name would smell as sweet."*

*Romeo and Juliet (II, ii, 1-2)*

We are all very valuable no matter what we are named or what we have done. We are all equally as sweet. In ROAR we agree that we all are given a gift by God at birth and when that gift is in use we become fulfilled and significant. In addition, we have an impact on someone else's life. The gift is the Lion Within. Why a Lion? Because the Lion represents majesty and magnificence.

Growth in this area is accomplished by a relentless seeking of the will of God for our life. Dallas Willard wrote in his book, *Renovation of the Heart*, that there are four elements in our formation toward finding and unleashing the Lion Within. The first element is for individuals to come to see themselves as whole, as God himself sees them. We must regard

ourselves as blessed, no matter what has happened in our lives. If we place our hope in Him we must have universal hope in our mission in life.

The second element is abandonment of defensiveness. This is the authenticity component. We must be willing to be known in our most intimate relationships for who we really are. It is not about looking good.

The third element is that all pretenses vanish from our lives. It is of no value to be something we are not naturally. Not having the burden of defending and securing ourselves, and acting based on what we believe to be our Lion Within, we can now devote our lives to the service of others which is the fourth element.

**Recommended Reading:**  
**"Your Retirement, Your Way"**  
**By Alan Bernstein and John Trauth**

*Book review by Dan Christopherson*

Living your passions in your traditional retirement years requires more than a comfortable nest egg.

It requires finding and, if necessary, coming to terms with, your personal style, and how to help make it work for you in shaping and pursuing your vision for a rewarding, purposeful new stage in your development.

That's the premise of *Your Retirement, Your Way: Why It Takes More than Money to Live Your Dream* (McGraw Hill, [www.amazon.com](http://www.amazon.com)), written by



Alan Bernstein  
L.C.S.W.

psychotherapist and career counselor Alan Bernstein and goal-directed strategic planning consultant John Trauth. The two of them - Bernstein the identifier of needs and desires in his clients, Trauth the expert in charting the course - developed the book employing a retirement planning

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Purchase  
 Joe Sturniolo's  
 book,  
[The Caterpillar  
 That Roared](#)  
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 online through  
 Amazon.com or



John Trauth  
M.B.A.

approach based on the Birkman Method - a personality self-assessment system long in use by major employers globally.

Their book incorporates self-scored tests and other tools and step-by-step guidelines that allow you to define your ideal retirement environment, pinpoint your current financial status and establish where you want to be and what you want to be doing in the next stage of your life.

other book sellers.

Bernstein and Trauth in 2008 founded the Center for Innovative Retirement in New York City, dedicated to research and exploration of new trends and thinking that challenge traditional notions of retirement.

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