

**The Washington Post**

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# **What One Question Taught Me About Retirement**

**A Washington Post story about  
retirement, relationships and finding  
a new direction.**

Dr Denise Taylor  
Author of *ThriveSpan*

**"It never occurred to me that retirement was going to be any different."**

For years, I assumed retirement would simply mean more time to enjoy the life we had already built together.

I was wrong.

**The reality:**  
**"We were just drifting apart."**

The freedom of retirement revealed that we no longer shared the same vision of the future.

**The turning point:**  
**"Is this it for the rest of my life?"**

That question changed everything.

# What happened next:

- Completed a professional doctorate exploring meaning in later life
- Began writing about later life
- Published books exploring meaning and ageing
- Created ThriveSpan



Dr Denise Taylor | Featured in The Washington Post | June 2026

# **What I've learned: Retirement is not simply a financial transition.**

It is also a transition of:

- Identity
- Purpose
- Relationships
- Belonging

The conversations we have before retirement can matter just as much as the money we save for it.

# Dr Denise Taylor

## Author of ThriveSpan: Walking Gently Into What Matters Now

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