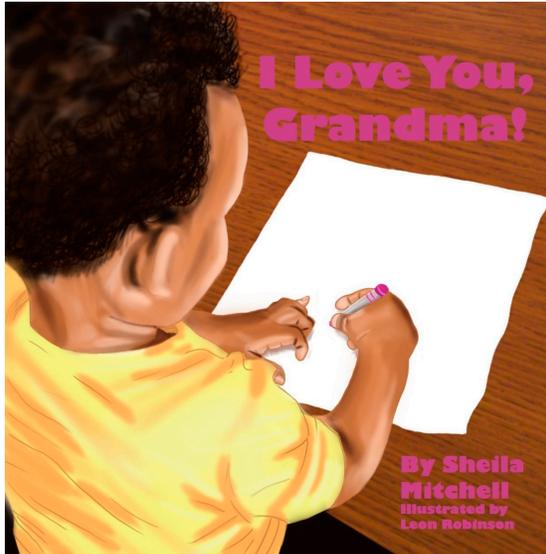


RETIREE INSPIRES OTHERS TO GO AFTER THEIR DREAMS WITH THE RELEASE OF HER NEW BOOK

New children's author proves it's never too late



TORONTO, ON – September 25, 2015 – After working for a credit union as a Member Service Representative for many years, retiree Sheila Mitchell recently added the title of children's book author with her new book, "I Love You, Grandma!" However, what makes the publishing of her book so impressive is the fact that it's the first children's book for Sheila, who retired in 2008.

Like many retirees some of the questions she asked herself upon retiring were:

"Would I have enough to live on?"

"Would I have to return to full-time work?"

"Did I make the right decision?"

But those fears didn't get her down. Sheila has become a great example that you can do whatever you want to do, even *after* retiring. Her main dream was to publish a children's book.

Although it took her almost two years to take the plunge, she finally did when she released, "I Love You, Grandma!"

"I knew that the process of publishing my book would be a long journey, and I was uncertain as to whether I really wanted to, or could navigate through the various levels in order to see my book come to fruition [...] it was mainly the fear of the unknown[.] Honestly, most of my fears subsided as I progressed. My knowledge of the world of publishing also increased, and today [and overall] my faith in God is what sustained me throughout the whole process." – Sheila Mitchell

This book was inspired by Sheila's own relationship with her twenty-one month old grandson Tendani, whom she babysits daily for her daughter and son-in-law. Sheila found joy in taking care of her grandson and was able to turn that into a beautiful publication. The book was also inspired by the important roles that her grandmothers played in her life while growing up in Barbados. The result is "I Love You, Grandma!" which is a celebration of grandmothers across the world, and the grandchildren who love them.

Heading into retirement can be a daunting experience for many reasons, including worrying if it's the right time to retire and what to do after giving up the 9 to 5. But life is what you make it, and how you choose to fill that time. Whether a retiree's dream is to write a book or to skydive, Sheila is an example that getting up and going for it will make time much more worthwhile.

For more information about "I Love You, Grandma!" visit the publisher's site, www.uponastarbooks.ca or [facebook.com/sheilasliteraryworks](https://www.facebook.com/sheilasliteraryworks).

About Sheila Mitchell

Sheila Mitchell (née Boyce) was born in Barbados. She is a retiree, and has resided in Toronto for over forty years. Sheila's interest in becoming a children's author was rekindled after she began taking care of her grandson, Tendani.

Though challenging, Sheila decided that she would make her experience a unique and memorable one. It was then that she began journaling the various activities that she shared with her grandson. The book "I Love You, Grandma!" is the result. During the process, Sheila was also reminded of her maternal grandmother who played a very important role in her life while she was growing up.

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