

The phrase 'life journey' is familiar but Siobhan Daniels, former BBC reporter, presenter and producer did it literally. Approaching retirement, after various tough challenges and job frustrations, she decided to turn her life around, sell up and live in a motorhome called Dora the Explora.

DKG GB, along with our European friends, were delighted to hear about Siobhan's new book 'Retirement Rebel'. It tells her story of determination and pluck – she even ran the London Marathon and took on the demanding Yorkshire Three Peaks Challenge.

Her message of coming out of your comfort zone to take on new challenges touched us all. "She was fascinating and inspirational," said one of our members. The talk was accompanied by pictures of her adventures. including one at Glastonbury rock festival, when she and friends dressed as sparkling 'Menopausal Mermaids.'

Siobhan talked from the heart about her life lessons learnt, the importance of facing fears and the need for positive ageing. "When you age, you do not beige" she stated, saying that retirement should be replaced by "refirement." We felt uplifted seeing Siobhan's pictures of her motorhome Dora in serene vistas in the Outer Hebrides and experienced some of the joy she felt, totally free, witnessing the beautiful Northern Lights.

Siobhan's book 'Retirement Rebel' can be ordered on Amazon

<https://www.amazon.co.uk/Retirement-Rebel-Siobhan-Daniels/dp/183981179X> and her website is www.shuvonshuvoff.co.uk