FOR IMMEDIATE RELEASE

RETIREMENT KILLS: New Book Argues Purpose & AI Are the Antidotes to an Early Demise

Los Angeles, California – April 6, 2026 – International bestselling author Jay Samit today announced the launch of his new book, *The Second Act Advantage: Monetize Your Wisdom, Master Longevity, and Build an Unforgettable Legacy*.

Challenging the conventional wisdom that aging is a time for slowing down, Samit posits that early retirement is a major health risk and is the first book ever to come with a free artificial intelligence companion app to help seniors proactively live up to 28 years longer and enjoy a more fulfilling life. Nicknamed "Digital Jay," the custom-built AI was trained on all of the author's books, keynotes and columns from his long career, including his articles for *Wired, Harvard Business Review, The Wall Street Journal,* and *Fortune*. Interview Digital Jay AI at:
https://secondact.jaysamit.com/interview-jay

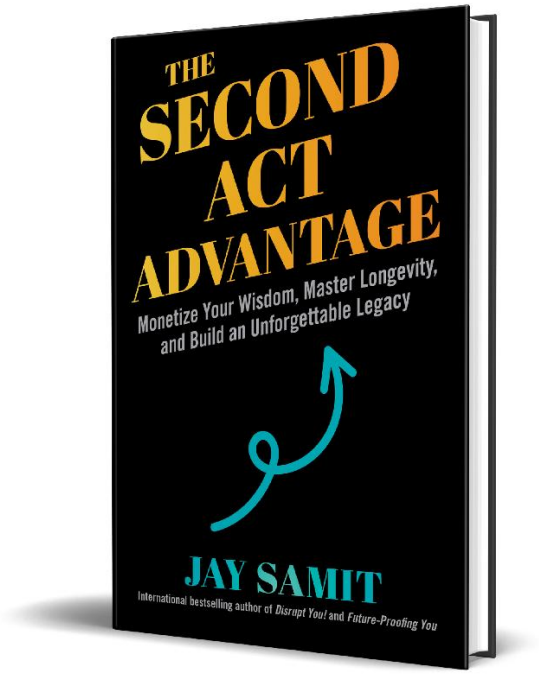
Backed by dozens of scientific studies which suggest that early retirees face a significantly higher mortality risk than those who remain engaged in purposeful work, the book flips the script on traditional retirement planning. *The Second Act Advantage* serves as a modern playbook, encouraging readers to leverage their lifetime of experience and the power of technology to make a positive impact on our world.

"If you live to be 60, the odds are pretty good that you will live to 90 or beyond," Jay Samit said, "So your second act can be longer than your original career. The question isn't: What will you do in retirement? The question is: What will the world gain because you finally had time to do it?"

The data is clear: sitting around doing nothing will kill you. We are the first generation to be gifted with longevity, and we need a new blueprint for living those extra decades with intention. Samit's goal in writing the book is to bust outdated myths and open minds to the possibility of a world-changing, AI-powered second act. A key innovation is the book's integrated AI companion app, which functions as a personal mentor to

guide readers in identifying their purpose and navigating the steps to creating their new venture.

The Second Act Advantage
is available for pre-order on Amazon: https://amzn.to/3MozB05

About Jay Samit
Jay Samit is an international bestselling author, serial entrepreneur, and former Independent Vice Chairman of Deloitte Digital. Described by *Wired* as having "the coolest job in the industry," he has pioneered breakthrough technologies used by billions of consumers and helped grow companies like LinkedIn, Sony, and Universal Studios. His previous books, *Disrupt You!* and *Future Proofing You*, have been published in twelve languages. A sought-after keynote speaker, Samit has advised Fortune 500 companies and raised hundreds of millions for startups.

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