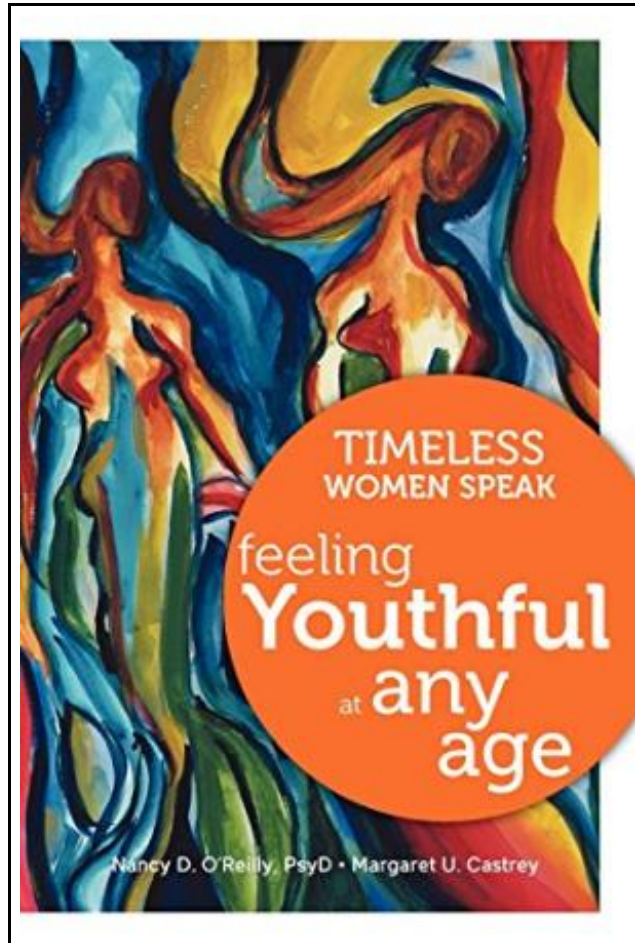


## Timeless Women Speak: Feeling Youthful at Any Age



Filesize: 1.13 MB

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*This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.  
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Women Speak Press. Paperback. Book Condition: New. Paperback. 332 pages. Dimensions: 9.1in. x 6.1in. x 0.9in. Women are amazing. But why do some women grow more determined and empowered with each passing year while others become fearful and feel invisible? In the unique book, *Timeless Women Speak: Feeling Youthful at Any Age*, Dr. Nancy O'Reilly draws upon her research with more than 1200 women from ages twenty to eighty-plus. Their stories reveal their personal challenges as well as the varied and effective ways they work through their issues. Every chapter includes inspiring stories, practical keys for vibrant energy and healthy emotional balance, secrets for staying mentally sharp, and activities to build more rewarding relationships with family and friends. Includes a book group discussion guide, a self-assessment quiz, details on becoming or finding a mentor, and tips for teaching girls about the history of women. Readers say it is an encouraging road map for the years to come as well as a bridge to greater understanding between generations of women. From the Publisher In *Timeless Women Speak: Feeling Youthful at Any Age*, a clinical psychologist and award-winning journalist profiles women of all ages who defy negative media stereotypes and refuse to define themselves by their age and circumstances. About the Author Nancy D. O'Reilly, PsyD, is a clinical psychologist, researcher, and founder of the online resource *WomenSpeak.com*, which is based on a decade of research about women's issues and concerns. A member of the American Psychological Association with more than 25 years of experience, Dr. O'Reilly counsels others on everything from mental health and stress to aging, relationships, and careers. She also hosts a radio program on *WebTalkRadio.net*, called *Timeless Women Speak*. Editorial Reviews Whether you are 29, 99, or somewhere in between, you will find this touching, inspirational book to...



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