

Timeless Women Speak: Feeling Youthful at Any Age

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Reviews

The most effective book i ever read through. It can be rally fascinating through looking at time period. Your lifestyle span will be enhance when you complete looking over this publication. (Maribel Kerluke)

TIMELESS WOMEN SPEAK: FEELING YOUTHFUL AT ANY AGE



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 OReilly 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 PublisherIn Timeless Women Speak: Feeling Youthful at Any Age, a clinical psychologist and award winning journalist profile women of all ages who defy negative media stereotypes and refuse to define themselves by their age and circumstances. About the AuthorNancy D. OReilly, PsyD, is a clinical psychologist, researcher and founder of the online resource WomenSpeak. com, which is based on a decade of research about womens issues and concerns. A member of the American Psychological Association with more than 25 years of experience, Dr. OReilly counsels others on everything from mental health and stress to aging, relationships and careers. She is also hosts a radio program on WebTalkRadio. net, called Timeless Women Speak. Editorial ReviewsWhether you are 29, 99, or someplace in between, you will find this touching, inspirational book to...

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