



Timeless Women Speak: Feeling Youthful at Any Age

By Margaret U. Castrey

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 profile women of all ages who defy negative media stereotypes and refuse to define...

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