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Local author and psychologist to sign books at Barnes & Noble

News-Leader staff

A local author will sign copies of her book, "Timeless Women Speak: Feeling Youthful At Any Age" at Barnes and Noble next week.

Psychologist Nancy O'Reilly began her research 10 years ago to learn about the challenges and issues women face as they get older. She gathered information from more than 1,200 women of all ages before writing her book, which focuses on empowering empowering and helping women of all ages with their health, finances and relationships in the next stage of their lives.

People may meet O'Reilly at 7 p.m. Jan. 29 at Barnes & Noble, 3055 S. Glenstone Ave. O'Reilly will talk briefly about some of the things she has learned:

- How women from ages 20 to 90 feel about getting older
- How they can empower themselves and others
- How to overcome societal stereotypes that dictate women must "stay young and beautiful."

After O'Reilly speaks, she will take questions and autograph books.

A member of the American Psychological Association with more than 25 years of experience, she also developed the online resource WomenSpeak.com and hosts the show Timeless Women Speak on WebTalkRadio.net.
