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**FOR IMMEDIATE RELEASE**

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**Women Live Fearlessly**

*A new book reveals real attitudes toward aging, relationships, careers, and life*

The media bombards women with images geared toward youthful beauty, from the latest skincare and makeup products, to clothes, shoes and accessories modeled by young, lithe figures. These unrealistic images can make some feel weak, invisible, fearful, and ignored – while others are empowered, fearless, strong, and determined. What separates one group of women from the other?

“Timeless Women Speak of Feeling Youthful at Any Age,” (WomenSpeak Press) by clinical psychologist Dr. Nancy D. O’Reilly and co-author Margaret U. Castrey contains the secrets to feeling better as we age, based on years of research with women from nearly every age group. “Timeless Women Speak” helps women become more fearless, while addressing the challenges and concerns they face.

“Women are no longer willing to settle for *less* as they get older,” says Dr. O’Reilly. “We want and deserve *more* – energy, joy, rewards, and fulfillment. Too often, though, women compare themselves to other women, or to women they see in the media, which leaves them fearful and unhappy. I wanted to share stories from real women so we never feel alone. We can actually *feel* young and strong at any age. The women I interviewed are inspiring and the goal of this book is to share and encourage, thus helping one another.”

Dr. O’Reilly is the founder of the online educational resource WomenSpeak.com, based on years of research about women’s issues. A member of the American Psychological Association with more than 25 years of experience, Dr. O’Reilly counsels others on mental health, stress, relationships and careers. She also hosts a radio program, called “Timeless Women Speak.”

“Timeless Women Speak” is available online now at WomenSpeak.com and after December 1 through Ingram Book Company, Baker & Taylor, Barnes & Noble and Amazon.com.

For more information or to arrange an interview with Dr. O’Reilly, please contact:

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