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AUSTIN WOMEN SHOW US HOW TO REINVENT OUR LIVES *Feb. 26 Workshop Tells Their 'Do-Over!' Stories, Benefits GENaustin*

AUSTIN, TEXAS, February 8, 2010 — “Austin is filled with smart, adventurous women who inspire us all to reinvent our lives when the spirit moves,” says life coach Ann Daly PhD, author of the new audiobook, *Do-Over! How Women Are Reinventing Their Lives*. “I’ve met all kinds of Austin women—entrepreneurs, retirees, working moms—whose stories can teach us when and how to call for our own Do-Over!”

In her audiobook, released this month, Dr. Daly tells women’s Do-Over! Stories, including those of notable Austin women:

- Kerry Tate, former owner of TateAustin, who thoughtfully planned her exit strategy
- Sylvia Acevedo, founder/CEO of CommuniCard™, a rocket-scientist-turned-entrepreneur who followed her passion
- Georgia Duke, Austin Division Manager of North American Title Company, a self-made businesswoman who refused to compromise her values

Dr. Daly will share their stories and strategies in her workshop for women, “Do-Over! How to Reinvent Your Life,” to be held 8–9:30am on Friday, February 26, at El Sol y La Luna restaurant, 600 E 6th Street, Austin, Texas. Tickets are \$25, or \$20 for groups of two or more, available online at: <http://www.genaustin.org/news/doover.php>.

All ticket proceeds benefit GENaustin (Girls Empowerment Network). The workshop is open to the public.

GENaustin (<http://www.genaustin.org>) is a non-profit, 501(c)(3) organization based in Austin. It fosters healthy self-esteem in girls by engaging them to explore and define their personal values and build skills that empower them with confidence and courage to make wise choices.

ANN DALY PhD (<http://www.anndaly.com>) is an expert on women’s changing lives. Before reinventing herself as a life coach, she was a journalist and then a women’s studies professor at The University of Texas at Austin. Dr. Daly is the award-winning author of six books, including *Do-Over! How Women Are Reinventing Their Lives*. She has been featured on Oprah & Friends’ “Peter Walsh Show” and in *ForbesWoman*, More.com, Essence.com, and the *Austin American-Statesman*.

To request a review copy or schedule an interview, contact Ann Daly at: 512/454-0531 or media@anndaly.com.

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