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**DO-OVER! MANUAL FOR WOMEN LAUNCHES FEBRUARY 4 IN AUSTIN**  
BookWoman Bookstore Hosts Author Ann Daly PhD

AUSTIN, TEXAS -- "As I look back over my 50 years, I can see how I've always been eager to call for a 'Do-Over!'" says Ann Daly PhD, a journalist-turned-women's-studies-professor-turned-life-coach. "And I'm not alone. Women are reinventing themselves with a frequency and intensity that could hardly be imagined by our mothers' generation."

Dr. Daly will launch her new audiobook, *Do-Over! How Women Are Reinventing Their Lives*, on Thursday, **February 4, 2010**, at BookWoman bookstore, 5501 N Lamar, Austin, Texas.

"People ask me how I could possibly give up a tenured university position, but it had become more of a job prison than job security. I wanted to use my women's studies research to help women more directly, as a life coach."

*Do-Over!* is part memoir, part self-help, and part girl talk. It features 13 personal essays about all kinds of women who are reaching for something more. You'll hear ALL about the rocket-scientist-turned-entrepreneur, the restless retiree, and the author's own mom.

"My mother never made it out of the 1950s," says Dr. Daly. "She hadn't been equipped to reinvent herself. But she made sure that I was. I intend to keep on reinventing myself as many times as the ambition arises. That's my legacy from my mother, the *hausfrau*."

*Do-Over!* includes a series of four free companion workbooks to help listeners create their own personalized reinvention roadmaps: Motherhood, Career, Transition, and Prime Time.

Media kit and audio samples: <http://www.anndaly.com/do-over.html>

ANN DALY PhD ([www.anndaly.com](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. She is a guest columnist for *More* magazine online and the "Transitions" coaching columnist for *Your Austin Lifestyle* magazine. Her other books include *Clarity: How to Accomplish What Matters Most* and *A Year of Clarity: The Monthly Guide for Women*. She has been featured in *ForbesWoman* and the *Austin American-Statesman* and on Oprah & Friends' "Peter Walsh Show."

*Do-Over! How Women Are Reinventing Their Lives*

by Ann Daly PhD

audiobook (70 minutes) with 4 companion workbooks (downloadable online)

ISBN 978-0-9797295-2-2

Running time: approx. 70 min.

Austin, TX: Wollemi Pine Press

\$16.95

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To request a review copy or schedule an interview: [media@anndaly.com](mailto:media@anndaly.com) or **512/454-0531**.

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