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Isadora Duncan Still Inspires Women to Pursue Ambitions Life Coach Ann Daly Hosts Birthday Party

AUSTIN, TX—Isadora Duncan inspired generations of women to toss off their corsets and express themselves freely. A century later, says life coach Ann Daly PhD, women still have a lot to learn from the American icon and pioneer of modern dance.

“Isadora once wrote that ‘Life is an experience, an adventure. It is an expression.’ She relentlessly pursued her ambitions, at a time when women weren’t even allowed to have ambitions,” explains Dr. Daly, award-winning author of *Done into Dance: Isadora Duncan in America*. “A century later, her legendary life remains a model for women who are reaching for something more.”

In celebration of Isadora’s birthday (May 27, 1877), Dr. Daly will host a birthday party at 7pm on Thursday, May 28, at BookWoman bookstore, 5501 N. Lamar, Austin, TX. The event is free and open to the public.

Dr. Daly, a former women’s studies professor and expert on women’s changing lives, will share the dancer’s five secrets for living a legendary life:

1. Embrace your VISION
2. Tell your STORY
3. Become a BRAND
4. Build your NETWORK
5. Make it MEANINGFUL

Ann Daly PhD is a life coach, keynote speaker, and the award-winning author of *Done into Dance: Isadora Duncan in America*. Formerly a women’s studies professor, she is an expert on the changing lives of women. Dr. Daly is the “Transitions” coaching columnist for *Your Austin* magazine and the host of BookWisdom, a salon that encourages books as a resource to inspire and improve women’s lives. She is also the author of *Clarity: How to Accomplish What Matters Most* and *A Year of Clarity: the Monthly Guide for Women*. Dr. Daly has been featured on Oprah & Friends’ “Peter Walsh Show” and in the *Austin-American Statesman*. For more details, visit: www.anndaly.com.

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