

CONTACT: Jessica C. Napp, Senior Publicist  
212.229.7107 or [jnapp@abramsbooks.com](mailto:jnapp@abramsbooks.com)

# Fearless Women: Midlife Portraits

by Nancy Alspaugh and Marilyn Kentz, photographs by Mary Ann Halpin

**Just how fabulous is it to be 40+ these days?**

Ask some women their age, and they'll demur. Ask others, like Joni Mitchell or Cybill Shepherd, and they'll take up a sword. In this inspirational book, 50 women ranging in age from their 40s to their 60s—including movie and television personalities, musicians, and Olympic athletes—are presented in stunning photographs holding a sword to symbolize their passionate and courageous approach to aging. Their stories are told alongside the pictures, capturing the experiences of just a few of the 38 million women of the Baby Boom generation (those born between 1946 and 1964) who are challenging the age barrier and living the second half of their lives to the fullest.

Co-authors Nancy Alspaugh and Marilyn Kentz are founders of the Fearless Aging movement, which encourages women to discard outdated views of getting older and celebrate who they are today. **Joan Lunden, Leeza Gibbons, Linda Gary, Joni Mitchell, Shari Belafonte, Erin Brockovich,** and Native American medicine woman Brooke Medicine Eagle are among the women who share their feelings about how they have become wiser and more powerful with age. The book concludes with an empty page for one final woman: a slot where her photo can be added and a place to tell her story. As a tribute to a friend or loved one, this book is one of the best gifts a fearless woman can receive.

**Nancy Alspaugh**, 49, is the Emmy Award-winning producer of numerous network and nationally syndicated programs, including NBC's long-running talk show *Leeza*. **Marilyn Kentz**, 57, is a member of the *The Mommies*, the comedy duo whose stage show led to a television sitcom, a Showtime comedy special, and the ABC talk show *Caryl and Marilyn: Real Friends*. Together Nancy and Marilyn have published *Not Your Mother's Midlife: A Ten-Step Guide to Fearless Aging* and created a stage show about fearless aging. **Mary Ann Halpin**, 53, although best known for her celebrity portraits and album covers, has a body of work that covers wider subjects. She is the author and photographer of *Pregnant Goddesshood: A Celebration of Life* (General Publishing Group).

- Features a blank page for adding the story of one more fearless woman
- The authors will be donating a portion of the book's profits to Gilda's Club International, an organization that provides support to people living with cancer
- Check out the website: [www.fearless-aging.com](http://www.fearless-aging.com)

**PUBLICATION DATE: APRIL 1, 2005**

100 black-and-white photographs, 112 pages; Hardcover

ISBN: 1-58479-412-7, PRICE: \$27.50

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