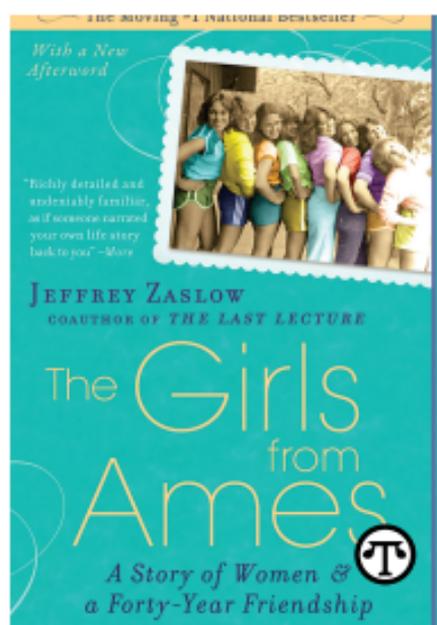


News For Women

Women's Lives Loved

(NAPSA)—An intriguing book provides insights into women's lives and friendships that many women—and the men who care about them—may find revealing.

It's the story of 11 ordinary women with an extraordinary bond. The Wall Street Journal's "Moving On" columnist Jeffrey Zaslow, co-author of "The Last Lecture," chronicles their lives from their early days in the town of Ames, Iowa.



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They moved to eight different states, yet managed to maintain an enduring friendship that would

carry them through college and careers, marriage and motherhood, dating and divorce, illnesses and even a mysterious death. The "girls" have a lifetime of memories, some evocative of their generation and others that will resonate with any woman who has ever had a friend.

That's important, according to research at the University of Missouri. It found that women who have a strong support system—a network of friends and family they call on for help—are more likely to have high self-esteem. This book can almost serve as a manual on developing, keeping and reviving friendships.

Now available in paperback from Gotham Books, "The Girls From Ames" captures what it was like to be girls in the '60s, to come of age in the '70s and '80s and enter middle age in the new millennium.

To learn more, visit www.girlsfromames.com.