



Catherine Rymsha
Media Contact
Telephone: 978-994-2235
Email: CMRymsha@yahoo.com

FOR IMMEDIATE RELEASE

Cheryl Richardson and Keith Ablow to present, "Meeting of the Helpful Minds"
Proceeds to benefit the 5th Annual Newburyport Literary Festival to be held April 23 – 24, 2010

Newburyport, Mass. - On Wednesday, September 23, 2009, the Newburyport Literary Festival (NLF) will present a lecture with best selling, and local, authors, Cheryl Richardson and Keith Ablow, Meeting of the Helpful Minds.

Meeting of the Helpful Minds, sponsored by Chase & Lunt Insurance, will take place at the Old South Church 29 Federal Street in Newburyport, Massachusetts. A reception with the authors will begin at 6:00 pm in the church vestry.

The lecture will begin at 7:00 and will include readings from both author's most recent books as well as a discussion on how writing has helped their readership to solve life's challenges. The reception and lecture with authors from 6:00 pm -7:00 pm is \$30.00. The lecture only, from 7:00 pm – 8:30 pm, is \$20.00.

About the authors:

- Cheryl Richardson: Richardson is the author of several *The New York Times* bestselling books such as, *Take Time for Your Life*, *Life Makeovers*, *Stand Up for Your Life*, *The Unmistakable Touch of Grace* and her latest book *The Art of Extreme Self Care*. Richardson is a regular guest on *Good Morning America*. She was the team leader for the Lifestyle Makeover Series on the *Oprah Winfrey Show* and she has accompanied Winfrey on the nationwide "Live Your Best Life" tour.
- Keith Ablow, M.D.: Dr. Ablow is a *New York Times* bestselling author, *Fox News* Psychiatry Contributor, contributing editor for *Good Housekeeping* and *Men's Fitness*, and repeat *Oprah* guest. He has earned the title, "America's Psychiatrist" by helping millions of people take control of their lives by understanding the patterns they have developed that are firmly rooted in the past. Dr. Ablow's transformative strategies are the founding principles for LivingtheTruth.com and are incisively presented in *Living the Truth: Transform Your Life Through the Power of Insight and Honesty*.

Proceeds from the lecture will benefit the fifth NLF, scheduled for April 23 – 24, 2009. Annually, the NLF gathers national and local authors alike to discuss their work in venues throughout historic downtown Newburyport. Past authors who have been apart of the NLF include David McPhail, Anita Shreve, Jack Ferraiolo, Andre Dubus III, and Julia Alvarez.

For more information about the NLF and Meeting of the Helpful Minds, please visit www.newburyportliteraryfestival.org

About The Newburyport Literary Festival (NLF): The NLF is organized by the Newburyport Literary Association. The NLF gathers distinguished short story writers, children's authors, biographers, nature writers, critics, screenwriters, poets, novelists, and journalists – who read and discuss their work in venues throughout Newburyport's historic downtown

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