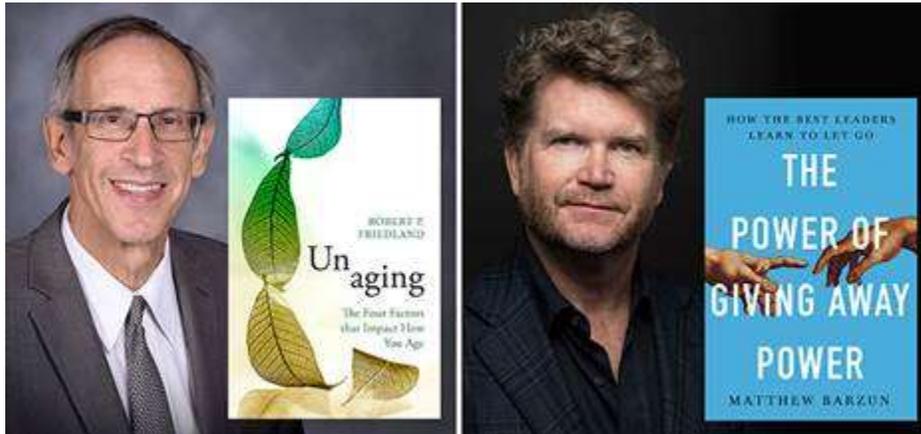


# NEWS RELEASE



## FOR IMMEDIATE RELEASE

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## Leading neurologist and aging expert, former U.S. Ambassador close out Louisville Free Public Library's fall author series

**LOUISVILLE, Ky. (November 1, 2022)** – From *New York Times* bestsellers to a GRAMMY-nominated country singer, this fall has been a big one for the Louisville Free Public Library's author series. Now the season wraps up in November and December with two nationally acclaimed authors from right here in Louisville. First up, neurologist and UofL professor Dr. Robert Friedland discusses aging successfully on Monday, November 7, (6:30 p.m.). Then on Thursday, December 8 (7 p.m.), former U.S. Ambassador Matthew Barzun discusses his book *The Power of Giving Away Power*, in conversation with Louisville Mayor Greg Fischer.

In his just released book, *Unaging: The Four Factors that Impact How You Age*, Dr. Robert P. Friedland, professor of Neurology and Neurobiology at the University of Louisville School of Medicine, outlines four factors that impact how you age—cognitive, physical, psychological, and social. His research shows that, while it is impossible to stop the aging process, the choices we make about how we live can enhance our quality of life as we age. In this author talk, Dr. Friedland will discuss the steps you can take in your activities, diet, and mental outlook, to help you live to your fullest potential.

In *The Power of Giving Away Power: How the Best Leaders Learn to Let Go*, businessman and former U.S. Ambassador Matthew Barzun layers lessons from American history and business with insights from his career in tech, politics, and diplomacy to show how we can lead meaningful change in our companies, communities, and even our nation. Barzun served as the U.S. Ambassador to the United Kingdom during the Obama administration and is the current owner/publisher of Louisville Magazine.

The Library's author series is free at the Main Library, 301 York Street. To register, visit [LFPL.org/Authors](http://LFPL.org/Authors) or call (502) 574-1644. A book signing will follow both events and books will be available for purchase from Carmichael's Bookstore.

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*Louisville Free Public Library connects the residents of Louisville and Jefferson County to knowledge and information at our library locations and on the web at [LFPL.org](http://LFPL.org). Come on in, the whole world's inside.*