

Boomer Babes with Brilliant Dreams

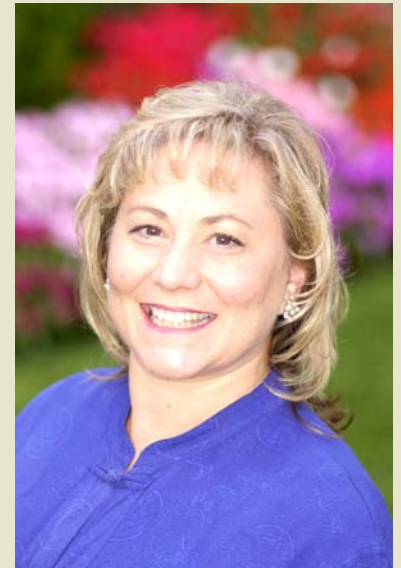
www.BoomerBabesRock.com

Volume Two—Issue Three—May 2008

boomer
Babes
rock!

Pam Farrel

Author, Columnist and Speaker



#1. Our Dream-Zine encourages boomer babes to achieve the dreams of our heart ...please share a dream you have achieved in your life and what you learned as a result of that achievement.

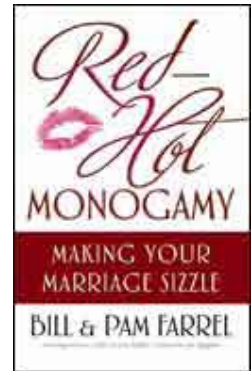
I have wanted to be a writer since I was in second grade, now I am on book number 28 and what I learned is that "One Ordinary Woman connected to the Extra Ordinary God **CAN** make a difference." That is the theme of my book, *Woman of Influence* and what I have seen since 40 is that it pays to persist in your dream. The first few years of the dream, my family sacrificed, as I wasn't making money I was costing money as I stepped into my dream. I was a re-entry mom, so I had education costs, then in addition there were professional seminars, books, training manuals, etc. so the outgo was more than the income initially. However, now, as my husband and I step into our 28th year of marriage, our writing and speaking has grown so much that Bill resigned his full-time career to pursue this writing and speaking together as a couple fulltime in the second half of our life. I am just an average, ordinary mom, with a passion in my heart and a dream in my mind-- and with God's help, and my family's encouragement, I have seen persistence pay off. I think most women give up their dream too soon, too easily. I hope my life will help them hang in there!

#2. Please share a life lesson that has altered your world significantly.

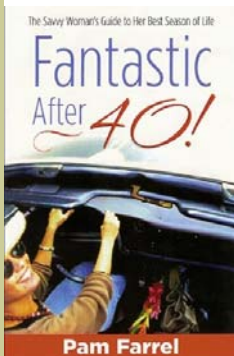
My most significant life lesson came to me at 8 years old when my best friend, Kelly's family, invited our family to church. As the daughter of an alcoholic father who had rage issues, at that little tiny church in that little tiny town, I discovered a love that would rock my world in a powerfully positive way and I have been able to take that love around the globe and share it. The truth is simple, "God loves you and wants a relationship with you."

#3. What can you do now, as a boomer babe, you would never have done, or never could do, when you were younger?

Our new marriage book, *Red Hot Monogamy*, is a book all about how to have a red hot sex life in marriage. I go on TV and radio and talk about sex. I would have never had the guts or confidence to do that in my twenties or thirties, but now I am comfortable in my own sexuality and in the truths that I teach like the best sex is found in a committed marriage relationship and investing in building a loving, safe, positive environment in marriage creates a red hot environment. (After all sex was God's secret long before it was Victoria's Secret.) There is so much pain, dysfunction and mis-truths spouted by the popular media in this area, it is nice to be a part of helping couples stay in love.



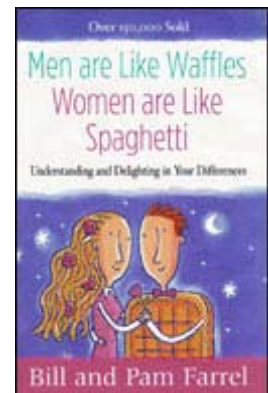
#4. When you look at the boomer generation in general, what are you most proud of in the way of our accomplishments?



In my book, *Fantastic After 40*, and with the launch of my organization, *Seasoned Sisters*, I tell women, "The rest of life is the best of life" and our best and brightest contributions to society may still be ahead of us. Women over 40 are starting businesses, launching non profit organizations, spending time overseas in war torn countries, or spending time on causes like pro-life, stopping domestic violence, raising literacy, stopping sex trafficking and child slavery-- the world needs our wisdom and experience and I am so excited when I see women step out and say, "Here I am--use me!"

#5. If you could give other boomer babes only ONE piece of important advice, what would it be and why?

The divorce rate is highest at midlife. While we have been out speaking on our best seller, *Men are like Waffles, Women are like Spaghetti*, I have been listening to women's hearts . At midlife it is so easy to feel overwhelmed, depressed, angry, frustrated, and exhausted. Women feel like throwing in the towel in their relationship. They might feel like they are taking care of everyone else, but who taking care of them? I encourage women to hang in there and not blame their spouse for their feelings. Bill and I learned to say, "It's not you, it's not me, It is just life!" Life piles up on midlife women and they will just hang on, date their mate, and carved out time for a nap-- they will see that with in a few years, the kids go away to college or marry, the husband gets through that midlife crisis, and their own hormones stabilize and life looks a lot better. I encourage women not to give up on their midlife marriage. I tell them, "You have invested too much, hang on and you'll get a husband and a life you can enjoy again."



is

if