

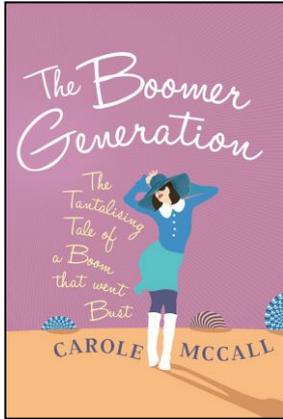
ARENA NEW BOOK: PRESS RELEASE

The Baby Boomers (those born between 1946 – 64) had everything they could wish for: freedom, music, power, education, health and increasing affluence.

Or did they? Just be careful what you wish for

PUBLICATION DATE: 26 May 2015

Her name was Gullible; her name was Me



THE BOOMER GENERATION

The Tantalising Tale of a Boom that went Bust

by CAROLE MCCALL



ISBN: 978 1 909421 51 6 Paperback 224 pages
RRP: £14.99 May 2015 www.arenabooks.co.uk
Available through all bookshops and internet booksellers

*I should have known then it was a monumental mistake from the start. Within a heartbeat everybody had changed. The elegant rented house in Surrey was lovely but it was not mine ...
'How can all this be worth it?' he said looking past me into the distance with tears in his eyes.*

The Baby Boomer Generation had everything: freedom, easy access to the professions, inexpensive housing, a voice in democracy, the best music scene, and enough excitement to power a fleet of rocket ships. "The sense of eternal sunshine that made everything glow and gleam, seemed like an everlasting reality. We did not think twice as we chased the mirage of unattainable possibility," says author, Carole McCall.

Carole was raised in the suffocating fifties by a society that told her there would be only one man in the world for her and he would be handsome, reliable and responsible – and that man would certainly love her forever in a beautiful cottage with roses round the door.

As a teenager in the sixties, Carole could not believe her luck at being invited to this vibrant life party: where everybody danced in miniskirts all night long to the beat of music nobody had ever heard before.

The author's "Baby Boomer" Wedding in 1968 when she was 18 >



As a young mother in the seventies she was torn between the vegetable growing, bread-making, self-sufficiency-dream of the 'good life' and her desire for a career which was fuelled by the books she read on 'women's lib'. She was a loving but determined parent and conscientious employee in the eighties. She was an excellent hostess for her husband when he needed her and a part of every parent-teacher association and school governing body that would have her.

As it was for so many women of The Boomer Generation, gradually, as she discovered more about feminism, Carole's fuzzy self-image became focused, clearer and sharper. Did I also mention that she was slender and glamorous with a beautiful garden and always wore perfume?



Carole McCall's memoirs will resonate with women of all ages while also offering fascinating insights for social historians.

Carole was diagnosed with Multiple Sclerosis in her twenties but continues to live life to the full.

Media opportunities: Extracts/serialisation. Photos available on request.

The author lives in Tunbridge Wells and is available for interviews.

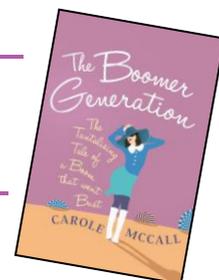
Please see over for further information about the author, Carole McCall, her other books and for a selection of photos available >>



To request a review copy or to be put in touch with the author, please contact

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ARENA NEW BOOK: PRESS RELEASE continued
THE BOOMER GENERATION by CAROLE MCCALL
PUBLICATION DATE: 26 May 2015



Living is a magical thing. Each day is a gift to be treasured, because it will never come around again. We have everything we need within us to live the life we want to live. Consider the most amazing of journeys, a life full of possibilities – says Carole McCall



About the author: Carole McCall was born in 1950 in Manchester and lived there until she was twenty. Carole McCall is a former Civil Servant and business woman who has worked as a Life Coach, NLP Trainer, Psychotherapist and Hypnotherapist for many years. Her writing reflects her professional training and experience as a therapist while giving her an informed perspective on the ups-and-downs of her own life experiences. Carole has worked as a therapist and life coach in the UK, Ireland, Spain and America, helping many people to solve their own problems.

“The Boomer Generation” (her third autobiographical book) is a story of the glamorous boom years that she hoped would last for ever and the difficult and traumatic busted years that she thought would never end. Carole has three grown-up children and seven small grandchildren. Carol was diagnosed with Multiple Sclerosis in her twenties. Carole lives in Tunbridge Wells with her husband and a small white Bichon Fris dog. She is currently working on her next book and is planning a fifth.

Connect with Carole McCall: Visit Carole’s website: www.carolemccall.com

- Read Carole’s blog: www.carolemccall.me
- Twitter: @hestermona
- Facebook: Carole McCall
- Linked-In: Carole McCall
- Pinterest: Carole McCall

Media opportunities: Extracts/serialisation. Photos available on request (see over for more). The author is available for interviews.

Local UK interest/connections:

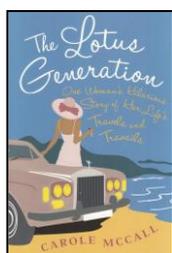
The author lives in **Tunbridge Wells** in **Kent** (near the border with **East Sussex**) • the author brought-up her own children in **The Lake District, Cumbria; Suffolk and Surrey** • the author worked as a Civil Servant in **London** • the author was born and grew-up in **Manchester**.

*Carole aged 15 in Cheshire 1965 – on a spring walk in Styal Woods
(taken by her boyfriend with his new camera) >*



In the second decade of a new millennium it is hard to imagine a time when I did not know the rules that seem so simple now – says Carole McCall

By the same author ...



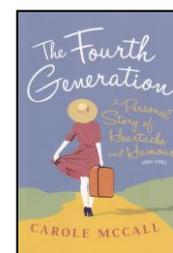
THE LOTUS GENERATION – One Woman’s Hilarious Story of Her Life’s Travels and Travails
ISBN: 978 1 909421 46 2 Paperback 224 pages RRP: £14.99 2014 Arena Books

Carole McCall shares her experiences of that phase of life after children have flown the nest and tells how she approached its changes and challenges. In mid-life Carole decided to live and work in Spain for a while and then travelled extensively around the world. This book is about her journey, the choices she made, the heart-searching she did and the funny things that happened to her along the way in her search for fulfilment for her heart, her soul and her mind.

THE FOURTH GENERATION – A Personal Story of Heartache and Humour (1885 – 1995)

ISBN: 978 1 909421 44 8 Paperback 216 pages RRP: £14.99 2014 Arena Books

Spanning 100 years, this is the true story of four generations of English women their lives, their loves, their heartbreaks, their joys and the life-changing choices they made during a period of unparalleled change in the role of women in British society. So much has changed for women since 1885 (when the author’s great-grandmother, Hannah, was born) and yet, even now, is it possible for a woman to have it all?



Please see over for more photos >>>



To request a review copy or to be put in touch with the author, please contact

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ARENA NEW BOOK: PRESS RELEASE continued

THE BOOMER GENERATION by CAROLE McCALL

PUBLICATION DATE: 26 May 2015

From a child in the 50s; a teenager in the 60s; a young wife and mother in the 70s; & onwards A wide choice of photos available on request:



< Captions (L to R)

Carole, aged 7, at The Whit Walks, 1957.

Carole, aged 8 on her way to church in 1958.

Carole's Great Grandmother, Hannah, aged 75 (on the left) and Carole's Grandmother, Hester, aged 55 in 1960.

Captions (L to R) >

The Peoples March for Jobs passing through Kendal in 1983.

Family fun & silliness in The Lake District.

Carole on holiday in 1985



< Captions (L to R)

Carole in her Suffolk Garden.

The Suffolk house in 1985.

Carole's mother, Mona (right) with Carole's aunts (Mona's younger sisters) in 1987

Captions (L to R) >

Christmas 1988: Carole and her father tackle the Xmas Pud

Carole's parents in 1991 on their return from Cuba

Carole and her husband in 1994 at their son's engagement party



To request a review copy, high-res images or to be put in touch with the author, please contact
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