



Give your mum the gift of self-esteem this Mother's Day, boomer women's author urges

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MEDIA RELEASE 2015: The leading voice for Australia's baby-boomer women, Victoria Rose, believes the very best present we can give our mothers and grandmothers on Mother's Day is self-confidence and self-esteem.

Ms Rose's book *How to Make the Rest of Your Life the Best of Your Life: Tough love for smart, single women over 60* takes women on a journey of personal discovery in order to (re) discover their unique values and find a new meaning and purpose in life. And have fun doing that. Her book is based on her own journey of going from 'Now to Wow' and she is planning seminars around the country with a 5-day intensive retreat in Bali later this year.



"Women over 60 are smart and capable. We are much more than mothers and grandmothers, and I want Australian women over 60 to take a 'tough love' look at themselves and know they can make positive changes to live a life they'd prefer" Ms Rose said.

"My book includes exercises that help older women create a powerful relationship with money, to focus on their true values and to appreciate their wrinkles. After all, we've earned them" she said.

"If you really want to show your mum that you appreciate her on Mother's Day then invest in her happiness and self-confidence and not just a bunch of flowers that won't last the week" said Ms Rose.

Victoria Rose's easy-to-follow 5-steps has already changed the lives of women around Australia who have bought the book for themselves or received it as a gift from friends.

Victoria's program "Helps women identify their life's goals and a pathway to get there. It's full of amazing wisdom which comes to you in a firm but loving way. This is Victoria's style of writing, to teach, and I love it! The lessons are invaluable for women of all ages really and most importantly for us baby boomers who lack the self love we are so entitled to" said Christine in an Amazon review.

Ms Rose raised 2 children while being an instructor in the Australian Army Reserve. After completing her own journey from 'Now to Wow', Ms Rose launched her own training business in 2008. Since then over 12,500 participants have attended her Leadership Workshops.

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[Click here for images of Victoria Rose](#)

"*How to Make the Rest of Your Life the Best of Your Life: Tough Love for Smart, Single Women over 60*" is available from www.over60stillfabulous.com (RRP \$29.99)

EVENTS: Victoria Rose is holding a one-day seminar called 'Get into the driver's seat' in Port Melbourne on 11 May 2015 and a 5-day intensive retreat in Bali in September 2015.
