

## From Boring to Burlesque

*Barbara McNally inspires women to live out loud*

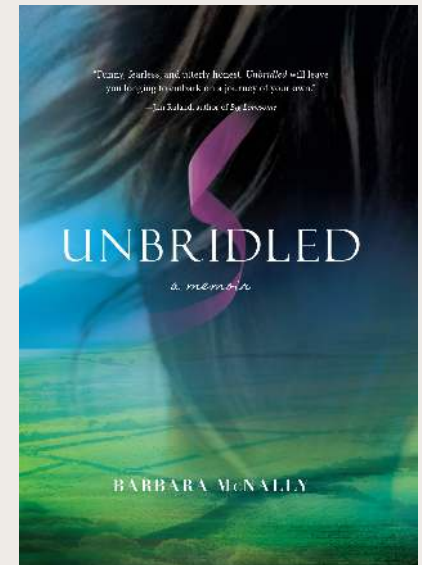
### *Unbridled* by Barbara McNally

She had it all—or so it appeared. Barbara McNally was living the American Dream, a successful physical therapist married to her charismatic college sweetheart. She had two beautiful daughters and seemed to have the perfect marriage and perfect home. But, after two decades, she felt trapped, imprisoned, going through the motions of being a dutiful wife. Eventually, Barbara strayed and her matrimonial cookie crumbled.

Inspired by risqué photos she found of her adventurous late grandmother, Barbara set off to overcome her fears and explore her Irish roots. It turned out to be the trip that would change her entire perspective on life. While in Ireland, she danced with horsemen, communed with priestesses and had an erotic encounter in an ancient castle. Along the way, she tasted freedom and discovered parts of herself that had been missing for a long time.

Seeking to further explore her inner self, she set off on another kind of adventure—a visit to a hedonistic resort in Jamaica. After an unexpected turn of events took her through the locked gates of a rundown orphanage filled with troubled adolescent girls, Barbara realized that she had long ago created her own prison and that she alone held the key.

Barbara shares her story of self-discovery and liberation in *Unbridled: A Memoir*, a fitting title for the life-long equestrian. Her mission is to encourage women to live outside of their comfort zones. The memoir reads like a novel and inspires readers not to take life so seriously, experience new adventures and embrace all the colors of womanhood.



### BOOK DETAILS

Balboa Press, a division of  
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Hardcover  
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## About the author

Barbara McNally lives in San Diego, California, where she started a foundation called Mother Lover Fighter Sage. Proceeds from Unbridled go to the foundation whose primary focus is to assist the wives of wounded warriors. Twice a year the foundation provides a Spa Day for these women who are, in a way, wounded too. As they adjust to their 'new normal', the Spa Day gives them the opportunity to bond with other women, practice healthy self-care, recharge and have fun.

Mother Lover Fighter Sage also funds programs and organizations like Project Sarah and San Diego Writers, Ink, bringing speakers and events to women to help them access their personal strengths and potential.

## Story idea & talking points

- Marriage Warning: 6 things I lost when I got married
- The inner warrior: Tools for tapping into your inner strength
- 6 travel tips for getting out of your comfort zone: Embrace the adventure
- Well-behaved women rarely make history: 5 activities to test your mettle
- A woman's role in the community: 4 ways to get real and then get involved



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