



Dish and Tell

By Miami Bombshells
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Introduction

Long ago, the self-proclaimed Miami Bombshells refused to accept lives of quiet desperation, deciding instead to embrace their imperfections and put their own needs at the top of their to-do lists. Every few weeks, they gather to kick off their power pumps, drink wine, gorge themselves on chocolate, and dish about the costs of having it all (or not): husbands or lovers, children, money, power, spirituality, and successful, rewarding careers.

In *Dish & Tell*, these six brave women divulge their vulnerabilities and most intimate secrets. They describe coping with depression when expected to be the life of the party, why they fell into dubious relationships, how they dealt with rape, panic attacks, romantic email blunders, hair loss, the corporate vs. family juggling act, and nanny nightmares. Through their record of their conversations, the Miami Bombshells have forged a new and refreshing glimpse of what it means to be a modern

woman.

Questions for Discussion

1. "I believe that whoever gets to the door first should open it." How do the Miami Bombshells juggle their feminist views with their desire to enjoy their femininity?
2. What are some of the professional and domestic pitfalls the Bombshells face in trying to balance the demands of their careers with their roles as wives, mothers, daughters, and friends?
3. To what extent did the lives of any of the Miami Bombshells remind you of your own experiences?
4. How does the anecdotal format of *Dish & Tell* enable you to enter into the ongoing conversation among these six Bombshells, and how did the anonymous sections impact your reading?
5. Several of the Bombshells detail their experiences of life-changing events—the birth of a child, the death of a parent, sexual assault, the joy of discovering a new career in mid-life. Why do you think they wind up talking about such "deep" subjects when they gather?
6. How would you describe each of the six Bombshells and her individual concerns? What do you think accounts for the intensity of the friendship among these six very different women?
7. To what extent do you agree with the Bombshells' assertions that a woman's romantic needs evolve over the course of her life?
8. How do the Bombshells deal with the emotional consequences of hair loss, obesity, deafness, and mental illness, and what does their handling of these issues suggest about their capacity for compassion, understanding, and forgiveness?
9. What role does the Cuban ethnicity of four of the Bombshells play in the texture and nature of their gatherings?
10. Of all of the anecdotes in *Dish & Tell*, which left the biggest impression on you and why?

About the Authors

Patricia San Pedro is a three-time Emmy award-winning producer and media executive who now runs a successful marketing and PR firm.

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Tammi Leader Fuller is a producer for NBC's *The Today Show*, *Fox TV*, *Extra*, *America's Most Wanted*, and others.

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