

Relationships fascinate supermum



One Of Us with Wendy Kay

FINANCIAL analyst, owner-builder, psychotherapist, teacher, author - Gail Pemberton's CV encompasses a plethora of careers.

Throw in mother of three (we'll get to those Pemberton children later) and wife of nearly 34 years and you conjure up an image of a driven, ambitious woman, a high achiever who won't settle for anything less than success at its highest level.

Gail, who has lived in St Ives for 26 years, is strongly-motivated and admits she has no idea how to relax nor simply potter about.

In fact, it was the family cat Tiger who taught her life didn't always have to be lived in the fast lane.

"Tiger was the laziest cat you've ever seen and it drove me mad to see him lying about doing nothing, while I was running around trying to do everything at once," she said. "I could motivate everyone else in the family, but I could never motivate that cat."

But beneath the drive and numerous layers of accomplishment lies a vulnerable, funny, soft-centred woman devoted to her family and fascinated by the dynamics of relationships.

While her cat taught her about apathy, her children taught her about determination.

Max, 26, has a successful army career, Rex, 24, is the youngest Australian to climb Everest has climbed all the seven major summits, and Caroline, 21, currently Miss World Australia, is a uni



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student and patron of a rape crisis centre in Uganda.

"I had a pivotal moment when I thought about how selfish they were by putting themselves in danger," Gail said.

"I got really mad at them.

"But then it hit me about how selfish I was being wanting them to stop pursuing their passion just to make me feel better."

It wasn't until Gail stepped out of her own comfort zone that she



Gail Pemberton with some of the hundreds of figures she uses for sandplay therapy in her role as a psychotherapist.

Picture: PAULMELVILLEJMGS2368

realised how important it was to conquer fear in order to pursue your dreams.

It took her five years to write *You Can Live With Anyone, well almost.*

"It's the hardest thing I've ever done," she said. "I had to get over my own fear that it wouldn't be rejected.

"I had to keep telling myself the material is excellent and the mess-

age is important - that's what kept me going."

Her message in the book is simple. Relationships - whether they be with family, lovers, colleagues or friends - all hinge on one essential component.

"Respect, respect and more respect," she said.

"Of course, you've got to respect yourself first so you can project it on others," she said.

"You have to hear what others are saying, but at the same time be heard yourself.

"It is no good listening if your own needs are not being met."

While Gail admits her role as a mother is paramount, her relationship with her husband Jon is "huge".

"We are very good mates, he has always been there for me."

» Gail's book can be purchased from www.buythatbook.com.au