

DE LIMBURGER COURANT

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WHO IS BRENDA PARK?

Tilburg - Brenda Park's star is rising.

She had already established her name as an internationally operating lifestyle coach and author of lifestyle books but solving the talked-about murder this summer on the Veluwe, now puts her on the map as an amateur detective as well. Time for an interview.

DLC: "Brenda, what's the secret of your popular wellness trips?"

BP: 'My retreats, as I call them, combine nature, healthy food and exercise with fun and luxury resorts. These are ingredients that appeal to many women.'

DLC: 'How long have you been organizing these trips?'

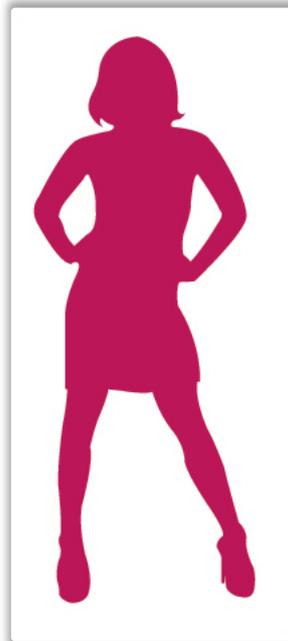
BP: 'Almost ten years.'

DDC: 'What does your home front think about you being away from home so often?'

BP: 'My son and daughter are in their early twenties and are now out of the nest. My dog Karlsson has a sweet nanny.'

DLC: 'You remarried a few years ago. "Does your partner often travel with you?'

BP: 'Unfortunately, that relationship broke down recently and I'm single again at forty-eight.'



You can draw Brenda out in her designer dresses



Brenda writes her books all over the world

DLC: 'How unfortunate. What happened?'

BP: 'I'd rather not talk about that. 'It's still too painful.'

DLC: 'Good. You solved a bizarre murder this summer while on holiday in the Veluwe. How did that work?'

BP: 'Yes, I did, with my best friend. I always wanted to be a detective and devoured books like *The Five Detectives* and *The Big Seven*. Now I could put my detective hobby into practice!'

DLC: 'You mean this crime tastes like more?'

BP (laughs): 'Actually, it does! I can't say too much about it so as not to obstruct the course of justice.'

DLC: 'OK. Another question: with your books, videos and your appearance, you're an example to many women. Are you aware of that influence?'

BP: 'It's part of the job and I'm proud of it, too. It is my lust and my life to empower women. That power's inside. And you can strengthen that by looking strong and confident on the outside, too.'

DLC: 'Do you want to share some secrets about your appearance with the reader?'

BP: 'Of course! My ash blonde hair colour I dye myself with Loreal 9.1. I like to wear Dutch brand dresses and cardigans to cover my sturdy Dutch hips and buttocks and I always buy those items in the shop, never online, because I love a day of shopping. My jewellery is heirlooms or gifts and I get makeup lessons from my daughter who says, "Mom, less is more".

DLC: 'Finally, your last book is called *Goddess of your life* and is a success again. Are you working on another sequel?'

BP: 'Yes, I am! *Goddess of your life* can be read for free on Wattpad (soon) . My latest book *Equal & Happy* is just finished and another book is in the making, but first I'm going to spend some time with my dog Karlsson. My house is everywhere, but home is where my dog is!

BY: ROBIN VAN EEKEN

