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Minx Boren

Catching
Rainbows



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Minx Boren

Lynn Studios

cover story **MINX BOREN**

Catching Rainbows

By Darla Parris Smallwood

Time. In the increasing bustle and complexity of today's world, finding enough of it can be a challenge. But it's one that Minx Boren energetically accepts, seemingly passing the "test" of making each moment count, with flying colors.

In 1989, the Frenchman's Creek resident and her husband Mel moved here from New York City. The couple sought warmer weather, a slower pace, and the opportunity to connect

with people more deeply in a smaller community, so Mel retired, and Minx left her work there as a nutritionist and cooking teacher. "In a way, we wanted to reinvent ourselves," she says.

But just who would Minx be now? How would she spend her time in this new place? "It really is a choice," she says, "and deciding starts with what you can say 'yes' to with an open heart."

Minx quickly opened her heart to local involvement, first joining a small

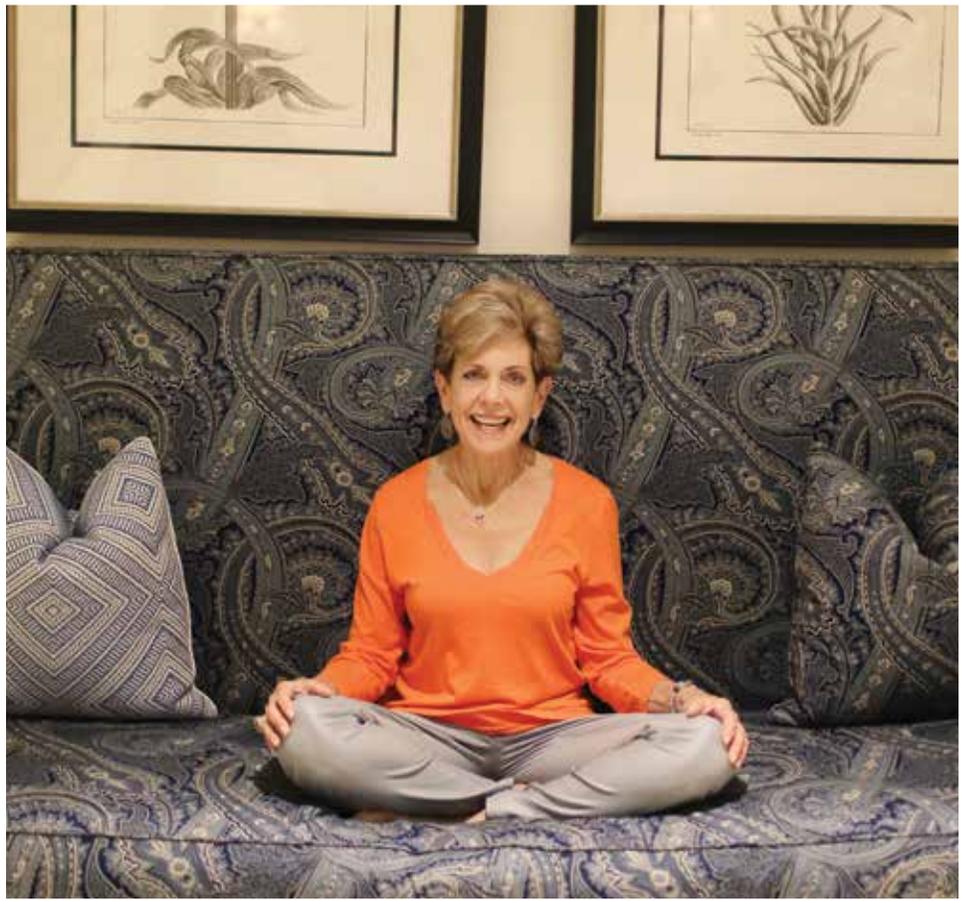
women's group, and later, with partner Cynthia Gracey, creating local women's conversational circles. Her passionate efforts have grown even stronger over the years. In 2005, Minx joined Executive Women of the Palm Beaches, and she served as their president from 2013-2014. Her active involvement with the organization continues today. In 2013, the Palm Beach County Women's Chamber of Commerce recognized Minx for her ongoing commitment,

honoring her with their Giraffe Award, presented to women who “stick their necks out for others.”

Minx is a particularly ardent supporter, as well as long-time board member, of the Women’s Foundation of Palm Beach County. “I love who they are and what they do in the world,” says Minx, pointing specifically to their Girls Leadership Institute, which focuses on encouraging girls and helping them develop their leadership skills.

She soon met extraordinary people, both men and women, in Palm Beach County, says Minx, and she eventually earned the necessary credentials to become a Master Certified [life] Coach (MCC). “It’s a job that allows me to celebrate the best of who people are and what they can do, and to help them achieve their potential,” she explains.

Now, in her work as an MCC, motivational speaker and author



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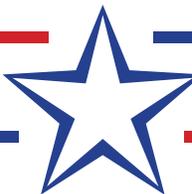
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involvement. “It’s all a fun way to ensure that what I say is important gets woven into my every day.”

Of course, living at Frenchman’s Creek, with its “amazing people,” amenities that include the Beach Club, and a state-of-the-art fitness center, help make life all the richer, says Minx. And the community’s two outstanding golf courses are especially appealing to Mel, an avid golfer,

of more than a dozen books, Minx stresses the combined wisdom and power that come from meaningful human connection – “because none of us is wise enough alone. We need each other on this journey.” Her latest book is entitled *Friendship is a Journey*, and remembering that most of life – especially the path to a fulfilling life -- is a journey, is key, says Minx. Every journey, she adds, must start with feeling healthy. “It’s something I’ve always known intuitively.”

Minx apparently also knows the importance of “practicing what you preach.” She devotes many hours to facilitating women’s groups, both privately and at Kaffee’s Garden Spa in West Palm Beach, and she’s hard at work on publishing two more books (one about women who flourish, and another about growing old with “grace and grit”). However, she also finds time to enjoy golf, take a weekly early morning beach walk with her friend

lone Wiren, and get in her daily 10,000 steps and two hours of exercise. “I spin, do yoga at least three times a week, Pilates at least twice a week, plus some weight training and barre – all this despite two hip replacements done years ago!” says Minx.

And how does she do it all? It literally does begin with color, Minx explains. “I color-code my calendar so that things that are important create a rainbow in my daily planner: purple for reflective time and things that fill my soul (like writing poetry), red and pink for exercise and all things that support my health, a variety of shades of green to track the work I do in the world, and yellow for times when I am ‘lit up with creativity.’” Because she particularly values relationships, she uses various shades of blue to map out visits and calls to friends, social activities, and family time. She reserves orange, which happens to be her favorite color to wear, to designate community

golf official, and past president of the Palm Beach County Golf Association. “Frenchman’s Creek is just a beautiful, well-rounded place to live,” says Minx.

Minx and Mel have been married for 48 years. They have one son, Reid Boren, who is a real estate developer in Palm Beach County and throughout the state, as well as co-owner of three restaurants (Pistache, pb Catch, and the Regional Kitchen and Public House). He is also one of the longest term board members of the Boys and Girls Club of Palm Beach County. He is married to Michelle, and they have two sons, Alex and Derby.

Talk about a colorful life... Minx Boren and her family give the phrase a powerful new meaning.

Do you have a story to share, or do you know a neighbor who does? Volunteer, or nominate your neighbor to be featured in an upcoming issue! Contact dsmallwood@bestversionmedia.com. ■