



ASHLEY & BUD

meet ashley

Ashley Smith Boman was born and raised in Little Rock, AR. She went to school at the U of A in Fayetteville, and after living and working in various places in the U.S. and abroad, came back to NWA in 2003, and has made Bentonville her home since then. She has a varied career background, including singing and songwriting, sales and marketing, personal training and fitness, massage therapy, and now working for a local vendor office.

In spite of the apparent successes during the course of her life, Ashley hit a personal “bottom” in 2004, and joined a program of recovery for alcoholism. About a year later, in the recovery community of which she is a part, she met the man who would become her husband – although they didn’t have their first date until 8 years later. They met for a casual coffee date, and were married a little over a year later – Ashley’s first marriage, age 46. After a lifetime of unsuccessful relationships with various “significant others”, Ashley was given the tools and took the time to learn, grow, and tap into the truth of who she is. Once grounded in her own spiritual awareness, she was in a position to finally be a contributing partner in a healthy, loving relationship.

Ashley spent two decades of her life learning what doesn’t work in significant-other relationships. Over the last 5 ½ years, she has had the opportunity and privilege of practicing what does work. Ashley’s life is made richer by the quality relationships she has today, with her husband, her family, her friends, and the many women she mentors in living a life based on spiritual principles.

meet bud

Arthur Gene “Bud” Boman was born in San Francisco, CA, in 1962. His family moved to Kansas, and then to Bentonville, AR in 1979, where he has lived ever since. Bud was raised in a dysfunctional, alcoholic home, and soon started creating his own trouble. He was kicked out of high school in the 8th grade, although he finished later. He worked various jobs in construction and auto mechanics over the years, and became proficient at a number of trades, even though he was progressing in his own personal dysfunction as an alcoholic. He became estranged from his own children after his divorce from his first wife, and was not reconciled with them until years later.

At the age of 43, Bud got sober in a program of recovery, and started becoming the man he was meant to be. He was a program director at a treatment center for 6 years, sold cars for a few years, and is now starting his own business as a professional home inspector. After 3 prior marriages and divorces, Bud started a relationship with his current wife, whom he had met when he first got sober 8 years earlier. On their first coffee date, Bud knew this was special. And so it has proved to be. He learned that in order to find the right person, he first had to BE the right person. Bud married his best friend, lover, and soul-mate, and has been growing in love ever since.

Bud has restored his relationship with his children, and has been “adopted” with open arms by the family he married into. He has an extended “family” with his friends in recovery, and all the men he mentors in living life on a spiritual basis. Bud has also developed ‘family’ relationships with his employees and co-workers over the last 13 years, every one of whom would call him a father-figure or a friend.