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## **Real Women Talking Launches Free Ecards For Every Occasion “Real Words” from Real Women Go A Long Way!**

New York, NY – Thanksgiving is around the corner, and Chanukah and Christmas may as well be next week. We’ve officially entered the holiday season where women juggle more balls in the air than a circus clown can handle. One of the best ways for women to deal with stress, during the holidays or any other time throughout the year, is to know they are not alone and that their fellow real women are not only going through the same experiences, but are there to lend an ear, hand or just a simple word of support.

*Real Women Talking*, an online community for women, has just launched a line of free e-cards for every occasion from birthdays and holidays to motherhood and support. Inspired by quotes from real women, these cards provide an opportunity for women to stay connected through simple words of support, kindness, laughter and validation that no matter what kind of day they’re having, someone else has either had the same experience or understands what they’re going through.

“We heard, from hundreds of women that there was amazing power in simple words of validation and that these words were not only supportive but good medicine,” said Shari Berman and Jennifer Finkelstein, co-founders of Real Women Talking. “Our free e-cards are word presents – that offer wisdom and encouragement passed on from one real woman to the next.”

Women can choose from a variety of free e-card categories including birthday, anniversary, thank you, friendship, get well, support, motherhood and holiday. Some of the quotes include: Friendship: “You are more than in my village, you are in my hut;” Support: “At the end of the day, tell yourself that what you did was enough;” Motherhood: “Being a happy person makes you a better mother;” and Holiday: “This holiday season, I hope you

will give to yourself too. Wishing you a holiday rich with *real* talking, *real* moments of joy and all that makes you happy.”

“With our line of free e-cards, we invite you to stay ‘connected,’ and spread some positive thoughts to your friends and family,” added Berman and Finkelstein. “There’s nothing like talking to *real women* to make us laugh, relate to one another, commiserate and thrive.”

Women can also add their voice to the ongoing *Real Women Talking* dialogue and possibly have their quotes used for a future e-card by visiting [www.realwomentalkingnow.com](http://www.realwomentalkingnow.com).

### **About Real Women Talking**

What started out as a simple conversation between friends about motherhood today, Real Women Talking spun into a website and soon-to-be book series leading a rich nationwide chorus about the ways in which countless women are living, talking and trying to exhale today. Real Women Talking aims to engage women in some serious water cooler talk, book club talk and everyday conversations about life “choices,” work/life balance, self-care and other issues causing women an existential and everyday guilt. To add your voice to our book on the real deal of motherhood, visit Real Women Talking and answer the questionnaire on motherhood, “like” us on Facebook and “follow” us on Twitter.

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