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Talking to Real Women is Good Medicine; Real Women Talking Launches a New Feature: “Focus on a Real Woman Talking” - a Q & A Column

One of the best ways for women to deal with stress, is to know they are not alone, and to understand that fellow real women are going through similar experiences. With this in mind, Real Women Talking, an online community for women, launched a new website feature – a question and answer column featuring a real woman talking about today’s modern dilemma of trying to “do it all, without losing her mind.”

New York, NY (Vocus/PRWEB) February 10, 2011 – One of the best ways for women to deal with stress, is to know they are not alone, and to understand that fellow real women are going through similar experiences. With this in mind, Real Women Talking, an online community for women, launched a new website feature – a question and answer column featuring a real woman talking about today’s modern dilemma of trying to “do it all, without losing her mind.”

“We hear on a regular basis that ‘talking to other women has therapeutic power,” said Shari Berman and Jennifer Finkelstein, co-founders of Real Women Talking, “and conceived of this feature in an effort to support, validate and inspire women nationwide by having them hear the real deal from ordinary, real women.” Berman and Finkelstein added how the first featured Real Woman Talking is Andrea Buchanan, New York Times best-selling author of *The Daring Book for Girls* and *The Double-Daring Book for Girls*, along with Miriam Peskowitz. Andi Buchanan is also the author of *Mother Shock: Loving Every (Other) Minute of It*, as well as the editor of three anthologies. Buchanan shared with Real Women Talking

how “Often we don’t want to talk about difficulties in mothering because it seems a little humiliating to admit that a tiny baby has us beat.” Buchanan then went on to tell the Real Women Talking co-founders how motherhood is a little bit like being a magician. “No one is supposed to know how you do your tricks.” According to Berman and Finkelstein, “while there is an allure to not knowing the secret of a magician’s tricks, being kept in the dark on the trials and tribulations of motherhood, is quite another thing.”

Future interviews will include conversations with female entrepreneurs, teachers, writers and bloggers - single, married, with or without children. Each interview will focus on issues real women are interested in talking and hearing about: from motherhood to marriage, life balance to “doing it all” and aims to offer unique perspectives to women, by featuring real women who have made different choices in terms of career, life and family. Berman and Finkelstein add, “There’s nothing like talking to (and hearing from) 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 be featured in a future interview. For more information, visit: <http://www.realwomentalkingnow.com>. Also, follow Real Women Talking on Twitter @RealWomenTalk or become a fan of Real Women Talking on Facebook.

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 dialogue 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 books on the real deal of motherhood or marriage, visit Real Women Talking and answer the questionnaire(s).

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