



Mean Girls, Meaner Women: Understanding Why Women Backstab, Betray and Trash-Talk Each Other and How to Heal

By Dr. Erika Holiday, Dr. Joan I. Rosenberg

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Why can so many women form wonderfully close connections with each other while some intentionally hurt other women? Why are girls so mean to other girls? What motivates them to betray, backstab, trash-talk, and humiliate one another? Why does this same hurtful behavior continue between women well into adulthood? What can women do to have closer and more authentic connections with one another?

Mean Girls, Meaner Women, written by Dr. Erika Holiday and Dr. Joan I. Rosenberg, two well-known psychologists long involved in women's issues, provide answers about this baffling behavior. They take a look at hurtful behavior between women from the perspective of both the target and the victim. The authors use groundbreaking brain research to explain why being the target of a woman's hurtful behavior and being socially excluded can be so excruciatingly painful to women.

Holiday and Rosenberg offer compelling information for understanding the hidden dynamics (psychological, biological, social and media influences) that lead women to hurt or oppress women and that compromise authentic female relationships. Mean Girls, Meaner Women is a riveting read for females interested in understanding women's relationships, building closer and more collaborative bonds with each other, and living authentically. Questions designed to help girls and women increase self awareness and add strength and depth to their relationships with each other are found throughout the book.

Readers will also discover: how the female brain is wired to be more relational and suffer more hurt; the emotional cost of countless "no-win" situations including the "Original Sin of Being Female", the "Paradox of the Healthy Adult", and "Beauty and the Bind"; the role angry and competitive feelings between women has on authentic and deep connections; how being "different" could make you the target of hurtful behavior; how the media supports and reinforces hostile behavior through the "Money Shot"; behavior that catches the attention of the "Gender Police"; what women can learn from men about communicating with each other; and critical steps for healing and creating closer connections with

women.

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Book is to be different for each grade. Book for children right up until adult are different content. As you may know that book is very important normally. The book Mean Girls, Meaner Women: Understanding Why Women Backstab, Betray and Trash-Talk Each Other and How to Heal ended up being making you to know about other knowledge and of course you can take more information. It is quite advantages for you. The publication Mean Girls, Meaner Women: Understanding Why Women Backstab, Betray and Trash-Talk Each Other and How to Heal is not only giving you much more new information but also to be your friend when you feel bored. You can spend your own personal spend time to read your e-book. Try to make relationship while using book Mean Girls, Meaner Women: Understanding Why Women Backstab, Betray and Trash-Talk Each Other and How to Heal. You never sense lose out for everything if you read some books.

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This book untitled Mean Girls, Meaner Women: Understanding Why Women Backstab, Betray and Trash-Talk Each Other and How to Heal to be one of several books in which best seller in this year, that's because when you read this e-book you can get a lot of benefit onto it. You will easily to buy that book in the book store or you can order it through online. The publisher in this book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Cell phone. So there is no reason to you to past this book from your list.

Glen Thomas:

Playing with family in the park, coming to see the coastal world or hanging out with buddies is thing that usually you might have done when you have spare time, in that case why you don't try matter that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Mean Girls, Meaner Women: Understanding Why Women Backstab, Betray and Trash-Talk Each Other and How to Heal, you can enjoy both. It is excellent combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout folks. What? Still don't obtain it, oh come on its identified as reading friends.

Harrison Johnson:

Mean Girls, Meaner Women: Understanding Why Women Backstab, Betray and Trash-Talk Each Other and How to Heal can be one of your basic books that are good idea. All of us recommend that straight away because this reserve has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining however delivering the information. The copy writer giving his/her effort to place every word into pleasure arrangement in writing Mean Girls, Meaner Women: Understanding Why Women Backstab, Betray and Trash-Talk Each Other and How to Heal although doesn't forget the main position, giving the reader the hottest and also based confirm resource data that maybe you can be certainly one of it. This great information can drawn you into brand-new stage of crucial contemplating.

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