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6 Ways to Support Another Woman

By Yolanda Shoshana

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Every Thursday, I have been glued to the hit television show, "The Apprentice". It is drama at it's finest, except there is something that is painful for me to watch as a woman. When the show began the women dominated and worked together as a team. As time progressed the women slowly but quickly began to rip each other apart and then... there were none, leaving two men standing for the high profile position to work for Donald Trump. The "catfights" between the women have continued and are clearly evident as they make media rounds. Meanwhile, Kwame and Troy had a small show down only to be followed with words of loyalty and strong hugs and handshakes. When will women learn to stick together through the good, bad, and the ugly?

6 Ways to Support Another Woman:

- 1) Don't hate the player, hate the game. Women tend to get very competitive in looks, love, and career. Stop the "catfight". Focusing on your goal will get you further, than focusing hostility on another woman who you deem as competition. Maybe just maybe, it is the situation that you are angry with and not the person.
- 2) Stop calling other women by derogatory words. Does calling another woman a bitch do anything to help the situation? Remember where words like bitch, cunt, and whore come from. Stop using them as weapons against other women. Using harmful word give them life and the words keep coming back to YOU either physically or mentally.
- 3) Send at least 3 women words of encouragement each day. By doing this you will make someone's day. Paying it forward, has a high value of return.
- 4) Become a mentor. Find a younger woman or even a peer to share your wisdom with. Give of yourself and uplift another woman. It is a great feeling to know that you have assisted in someone's success.

6 Ways to Support Another Woman

5) Refer women in your network to each other. When someone calls you for a referral, start with the names of women in your network. When you refer fabulous women to each other, you also come out shining! Build the "old girls network!"

6) Keep it real. Stop the gossip and the back stabbing. Do not burn bridges. One of the best quotes I have heard recently is " do not step on someone else's toes, you never know if they will be connected to the ass you have to kiss tomorrow". Be real by any means necessary, even if you do not agree.

Yolanda Shoshana, "The Woman Booster" is a life strategist for women and an artist. She is an expert

in women's issues and recently founded Shekhinah Arts a life strategist coaching company that interweaves multidisciplinary arts, lifestyle arts, and media to advocate, educate, motivate, and inspire women to their fullest potential. Yolanda Shoshana would like to hear your success stories of supporting other women, email her at

The Scent of a Woman

By Mike Yeager

The scent of a woman can be one of her most appealing features. Hairstyle, clothes and makeup are all important, but the fragrance a woman wears provides a level of attractiveness that few other fashion features can touch. There's something about the scent of a woman that makes her stand out and get noticed by men, and what woman doesn't want that? Are you shy and quiet? Are you bold, outgoing and flirtatious? Well, the scent you decide to use will tell people a lot about your personality, before they even get a chance to talk to you.

The Scent of a Woman is enhanced by her personality.

Every woman wants to feel attractive, confident and appealing. One of the interesting features of perfume, and especially how it's fragrance enhances the scent of a woman is this: different perfumes will react differently on each person. A fragrance is a blend of extracts, alcohol and water that is characterized by the ratio of its different ingredients. Who you are and what your personality is like will impact how each of these ingredients respond to your mood and character. Yes, the scent of a woman can be one of the most alluring and attractive features of your style.

Mike Yeager
Publisher

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