



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

Dr. Erika Holiday, Dr. Joan 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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