

Women Psychology 7th Edition Reference

women psychology 7th edition is a comprehensive and authoritative resource that delves into the complex and multifaceted nature of women's mental health, behavior, and psychological development. As a crucial text in the field of psychology, it offers valuable insights into the unique psychological experiences of women across different stages of life, cultural backgrounds, and social contexts. This article explores the key themes, updates, and significance of the 7th edition of this influential book, providing readers with an in-depth understanding of its contributions to women's psychology.

Overview of Women Psychology 7th Edition

What is Women Psychology?

Women psychology is a specialized branch of psychology that focuses on understanding the psychological, emotional, social, and biological factors that influence women's mental health and behavior. It examines issues such as identity development, gender roles, relationships, mental health disorders, and societal influences. The 7th edition of this book continues to build upon previous editions by incorporating new research, theories, and perspectives that reflect the evolving landscape of women's experiences.

Purpose and Scope of the 7th Edition

The primary aim of women psychology 7th edition is to provide students, researchers, and practitioners with a holistic view of women's psychological realities. It covers:

- Developmental psychology from childhood to old age
- Gender identity and socialization
- Mental health challenges unique to women
- Cultural and societal influences
- Intersectionality and diversity
- Practical approaches for therapy and intervention

This edition emphasizes inclusivity, updated research findings, and a broader understanding of gender dynamics.

Key Themes and Topics Covered

Developmental Perspectives

Understanding women's psychology requires exploring their developmental stages. The book discusses:

- Childhood and adolescence: Socialization, identity formation, peer relationships
- Adulthood: Career development, family roles, romantic relationships
- Older adulthood: Aging, menopause, mental health concerns related to aging

Gender Identity and Socialization

The 7th edition emphasizes how gender roles and expectations shape women's experiences. Topics include:

- The impact of cultural norms
- Media influence on body image and self-esteem
- The effects of gender stereotypes on mental health

Mental Health Disorders Specific to Women

Women face unique mental health challenges, including:

- Depression and anxiety disorders
- Postpartum depression
- Eating disorders
- Trauma and PTSD

The book discusses diagnosis, treatment, and prevention strategies tailored for women.

Societal and Cultural Influences

The edition explores how societal structures, cultural expectations, and economic factors influence women's psychological well-being. Topics include:

- Gender inequality and discrimination
- The role of social support networks
- Impact of cultural traditions on mental health

Intersectionality and Diversity

Recognizing that women's experiences are shaped by multiple identities, the book integrates discussions on:

- Race and ethnicity
- Sexual orientation
- Socioeconomic status
- Disability and health disparities

Updates and Innovations in the 7th Edition

Incorporation of Recent Research

The 7th edition integrates the latest studies on women's mental health, including findings from neuroscience, social psychology, and cross-cultural research. This ensures that readers are equipped with current knowledge.

Enhanced Focus on Intersectionality

Recognizing the importance of diversity, the latest edition emphasizes intersectional approaches, illustrating how overlapping identities impact women's experiences and mental health outcomes.

New Case Studies and Practical Applications

To bridge theory and practice, the book includes contemporary case studies, therapeutic approaches, and intervention strategies tailored for women. This makes it a valuable resource for clinicians and mental health professionals.

Digital and Multimedia Resources

The 7th edition offers supplementary online resources, including video lectures, quizzes, and interactive modules, enhancing the learning experience for students and practitioners.

Importance and Impact of Women Psychology 7th Edition

Educational Significance

This edition serves as a foundational textbook for courses in women's psychology, gender studies, and mental health. Its comprehensive coverage makes it an essential resource for students seeking

a nuanced understanding of women's psychological issues.

Clinical and Therapeutic Relevance

Mental health practitioners benefit from the evidence-based approaches and culturally sensitive strategies presented in the book, aiding in effective diagnosis and treatment.

Research and Policy Development

Researchers and policymakers utilize insights from this edition to develop programs and policies aimed at improving women's mental health outcomes globally.

Why Choose Women Psychology 7th Edition?

- Up-to-date research integrating neuroscience, social sciences, and cultural studies
- Comprehensive coverage of developmental, social, and clinical aspects
- Focus on diversity, intersectionality, and inclusivity
- Practical tools and case studies for real-world application
- Supplementary digital resources for enhanced learning

Conclusion

stands as a vital resource for anyone interested in understanding the psychological dimensions of women's lives. Its updated content, inclusive perspective, and practical insights make it indispensable for students, researchers, and mental health professionals alike. By exploring the complex interplay of biological, social, and cultural factors, this edition contributes significantly to advancing knowledge and fostering empathy towards women's diverse experiences worldwide. Whether used in academic settings or clinical practice, it continues to shape the future of women's psychology, promoting gender equity and mental health awareness across societies.

Women Psychology 7th Edition: An In-Depth Review and Expert Analysis

Understanding the complexities of women's psychology has always been a vital area of study within the broader field of psychology. The Women Psychology 7th Edition stands out as a comprehensive resource designed to explore the multifaceted aspects of women's mental health, behavior, and societal influences. This article provides an in-depth review of this edition, examining its content, structure, and significance for students, professionals, and anyone interested in gender-specific psychological insights.

Overview of Women Psychology 7th Edition

The latest edition of Women Psychology continues its tradition of combining empirical research, theoretical frameworks, and practical applications to shed light on women's psychological experiences. Edited by renowned experts in the field, the 7th edition aims to be both accessible for newcomers and detailed enough for advanced practitioners.

Key Features:

- Updated research findings and contemporary case studies
- Expanded coverage of cultural, social, and biological influences
- Inclusion of recent developments in neuroscience and mental health
- Emphasis on intersectionality and diversity

This edition is designed to provide a holistic understanding of women's psychology, addressing issues from childhood development to aging, and from individual mental health to societal roles.

Structural Breakdown and Content Analysis

The book is organized into several sections, each focusing on a different aspect of women's psychological development and experiences. Here's an extensive look at the core components:

Part 1: Foundations of Women's Psychology

This section establishes the theoretical groundwork, exploring historical perspectives and current paradigms. It discusses how gender roles, cultural norms, and socialization influence women's psychological development.

Highlights:

- Evolution of women's psychology as a discipline
- Gender identity formation
- Impact of societal expectations on self-concept
- Biological versus social construct debates

Part 2: Developmental Stages and Life Transitions

Covering various life stages, this part examines the psychological challenges and growth opportunities faced by women from childhood through old age.

Key Topics:

- Childhood and adolescence: identity, body image, peer relationships
- Adulthood: career development, relationships, motherhood
- Menopause and aging: identity shifts, health concerns, societal perceptions

This section emphasizes the importance of developmental psychology in understanding women's mental health trajectories over their lifespan.

Part 3: Psychological Disorders and Mental Health Issues

A comprehensive overview of mental health concerns uniquely or predominantly affecting women, including:

- Depression and anxiety disorders
- Eating disorders
- Postpartum depression
- Trauma and abuse-related disorders
- Women's response to stress and coping mechanisms

The chapter integrates current research on gender differences in prevalence, symptom expression, and treatment approaches.

Part 4: Society, Culture, and Intersectionality

Recognizing the diversity within the female population, this section delves into how race, ethnicity, socioeconomic status, sexuality, and cultural background influence psychological experiences.

Discussion points:

- Cultural expectations and their mental health impacts
- Intersectionality theory and its application
- Challenges faced by marginalized women
- The role of social support systems

Part 5: Promoting Women's Mental Health and Well-being

Practical strategies, therapeutic interventions, and policy recommendations are presented here to improve mental health outcomes.

Includes:

- Counseling techniques tailored for women
- Community-based programs
- Policy initiatives for gender equality
- Self-care and resilience-building practices

Unique Strengths of the 7th Edition

The seventh edition differentiates itself through several notable features:

Incorporation of Latest Research and Data

The authors have meticulously integrated recent studies, especially in neuroscience, emphasizing how brain structure and function relate to women's psychological processes. For example, discussions on hormonal influences and neuroplasticity are expanded, providing a biological basis for many psychological phenomena.

Focus on Intersectionality and Diversity

Unlike earlier editions, this volume actively emphasizes how intersecting identities shape experiences. It highlights the importance of understanding mental health disparities among women of different racial, cultural, and socioeconomic backgrounds.

Practical Applications and Case Studies

The inclusion of real-world case studies allows readers to contextualize theoretical concepts, making the material more relatable and applicable in clinical or community settings.

Enhanced Visuals and Tables

The edition features updated charts, infographics, and tables that synthesize complex data, facilitating easier comprehension and quick reference.

Target Audience and Usage

Women Psychology 7th Edition is designed for a diverse audience, including:

- Undergraduate and graduate students in psychology, social work, gender studies
- Mental health professionals seeking gender-specific insights
- Researchers exploring women's mental health issues
- Policy makers and social workers designing gender-sensitive programs

- General readers interested in understanding women's psychological experiences

Usage Recommendations:

- As a core textbook in academic courses
- As a reference guide for clinical practice
- For research purposes, especially in developing culturally sensitive interventions
- As an educational resource for advocacy and awareness campaigns

Strengths and Limitations

Strengths:

- Comprehensive coverage spanning biological, psychological, and social domains
- Up-to-date research and inclusive perspective
- Practical focus with case studies and intervention strategies
- Emphasis on contemporary issues like intersectionality and social justice

Limitations:

- Dense academic language may be challenging for lay readers
- Some topics, such as LGBTQ+ issues, could be expanded further
- Regional and cultural perspectives may vary, and some content might be Western-centric

Final Evaluation: Is It a Must-Have?

Women Psychology 7th Edition stands as an authoritative and valuable resource for anyone interested in understanding the psychological dimensions of women's lives. Its meticulous research, balanced perspective, and practical insights make it a vital addition to academic and professional libraries.

For students and practitioners, this edition offers a nuanced, multidimensional view that can enhance understanding, inform practice, and promote gender-sensitive approaches. Its emphasis on diversity and intersectionality ensures relevance in increasingly multicultural societies.

In summary, if you are seeking a comprehensive, well-researched, and current text on women's psychology, the 7th edition of this seminal work is undoubtedly a recommended investment.

Conclusion

The Women Psychology 7th Edition not only consolidates existing knowledge but also pushes the boundaries of understanding by integrating recent scientific advances and social perspectives. Its detailed analysis, combined with practical applications, makes it an indispensable tool for advancing gender-sensitive psychology and fostering a more inclusive understanding of women's mental health. As the field continues to evolve, editions like this will remain crucial in shaping informed, empathetic approaches to supporting women worldwide.

Question What are the key updates in the 7th edition of 'Women Psychology' compared to previous editions? The 7th edition introduces updated research on gender identity, mental health issues specific to women, new chapters on digital influence, and recent case studies to reflect current societal changes and scientific understanding. **Answer** How does 'Women Psychology 7th Edition' address mental health challenges faced by women today? It provides comprehensive insights into common mental health issues such as anxiety, depression, and stress, along with evidence-based intervention strategies tailored to women's unique psychological needs. Does the 7th edition cover cultural and societal influences on women's psychology? Yes, it extensively discusses cultural, societal, and environmental factors shaping women's psychological experiences across different contexts and communities. Are there new topics introduced in the 'Women Psychology 7th Edition' related to technology and social media? Absolutely, the latest edition explores the impact of social media, digital communication, and online behaviors on women's self-esteem, body image, and mental health. How comprehensive is the 'Women Psychology 7th Edition' in addressing diverse women's experiences? The book emphasizes diversity by including discussions on women from various cultural, socioeconomic, and age groups, ensuring a holistic understanding of different psychological experiences. Can students and professionals benefit from the case studies included in the 7th edition? Yes, the case studies provide practical insights and real-world applications, making it a valuable resource for students, researchers, and mental health practitioners. Does the 7th edition include updated research findings and references? Indeed, it incorporates the latest research findings, references, and bibliographies to ensure readers access current and credible information. How does 'Women Psychology 7th Edition' address issues of gender inequality and empowerment? The book discusses the psychological impacts of gender inequality and explores strategies for empowerment, resilience, and promoting gender equity in various societal contexts. Is there a focus on clinical applications and therapeutic approaches in the 7th edition? Yes, the edition highlights clinical approaches, counseling techniques, and therapeutic frameworks tailored to women's psychological health and well-being.

Related keywords: women psychology, psychology textbook, women mental health, gender studies, psychology principles, psychological theories, women's issues, human behavior, mental health topics, academic psychology

Magazine Womens Day

Magazine Women's Day: Celebrating Strength, Empowerment, and Inspiration

Every year, on International Women's Day, magazines around the world come alive with stories of women's achievements, struggles, and aspirations. **Magazine Women's Day** features inspiring articles, striking visuals, and powerful messages that highlight the importance of gender equality and women's rights. These publications serve as a reflection of societal progress and a catalyst for change, celebrating women of all backgrounds and ages. Whether through feature stories, interviews, or special editions, magazines dedicate their pages to honoring women's contributions and advocating for a more inclusive future.

In this article, we explore the significance of **Magazine Women's Day**, its history, how magazines celebrate women's achievements, and ways to participate in this global movement. Let's delve into the world of magazine editions that make Women's Day memorable and impactful.

The Significance of Magazine Women's Day

Highlighting Women's Achievements

Magazines have long been a platform to showcase women's accomplishments across various fields—be it science, arts, politics, sports, or business. On Women's Day, these publications dedicate special editions to celebrating trailblazing women who have broken barriers and paved the way for future generations. Such stories inspire readers and serve as proof that gender equality is achievable.

Raising Awareness About Gender Equality

Magazines play a crucial role in raising awareness about ongoing gender disparities and social issues women face worldwide. By featuring investigative journalism, opinion pieces, and personal stories, they educate the public about topics like wage gaps, gender-based violence, and underrepresentation. Women's Day editions often include calls to action, encouraging readers to advocate for change.

Fostering a Sense of Community

Magazines foster a sense of community among women by sharing stories of resilience, solidarity, and empowerment. They provide a platform for women to see themselves represented, find role models, and connect over shared experiences. This sense of belonging is vital for building confidence and inspiring collective action.

Historical Context of Women's Day in Magazines

The Origins of International Women's Day

International Women's Day originated in the early 20th century, rooted in labor movements and women's rights activism. As the day gained momentum, magazines became instrumental in spreading awareness, documenting progress, and celebrating women's contributions.

Evolution of Women's Day Celebrations in Magazines

Initially, magazines focused on highlighting women's struggles and advocating for rights. Over time, the tone shifted to celebrating success stories, achievements, and empowerment. Modern magazine editions now blend celebration with activism, reflecting societal changes and ongoing challenges.

How Magazines Celebrate Women's Day

Special Editions and Covers

Many magazines release special Women's Day editions featuring powerful cover stories, iconic women, and thematic content. These editions often include:

- Portraits of inspiring women from various sectors
- In-depth interviews with change-makers
- Features on women's rights movements
- Artistic visuals emphasizing female strength

Feature Stories and Profiles

Magazines highlight stories of women overcoming adversity, achieving milestones, and making a difference in their communities. These features serve as motivating examples and highlight diverse perspectives.

Interactive Campaigns and Collaborations

Some magazines partner with NGOs, brands, and activists to run campaigns promoting gender equality. These can include social media initiatives, reader participation drives, and awareness events.

Editorials and Opinion Pieces

Thought leaders and influential women contribute editorials that discuss issues like women's rights, feminism, and social justice, fostering dialogue among readers.

Ways to Engage with Women's Day through Magazines

Subscribe and Support Women-Centric Publications

Supporting magazines that focus on women's stories and issues helps amplify their impact. Consider subscribing to or purchasing magazines that prioritize gender equality and female empowerment.

Share and Discuss Content

Read and share inspiring articles with your network. Engage in discussions about women's achievements and challenges to raise awareness and foster change.

Participate in Magazine Campaigns

Join online campaigns, contests, or events organized by magazines during Women's Day. Your participation can help spread important messages and inspire others.

Create Your Own Stories

If you have a story of resilience or achievement, consider submitting it to magazines or sharing it on social media. Personal stories can resonate deeply and motivate others.

Top Magazines Celebrating Women's Day

- **Vogue:** Known for its fashion and culture coverage, Vogue often features influential women, fashion icons, and discussions on gender roles.
- **Time:** Publishes special editions highlighting women leaders, innovators, and social change advocates.
- **Forbes:** Focuses on women entrepreneurs, business leaders, and economic empowerment stories.
- **Elle:** Celebrates women's achievements in arts, fashion, and activism with inspiring profiles and editorials.
- **National Geographic:** Shares stories of women explorers, scientists, and environmentalists making a difference worldwide.

Conclusion: The Power of Magazine Women's Day

Magazine Women's Day is more than just a celebration; it's a movement that recognizes the resilience, strength, and brilliance of women everywhere. Through compelling storytelling, impactful visuals, and advocacy, magazines inspire change and foster a culture of equality. As consumers and readers, supporting these editions and engaging with their content amplifies the message of empowerment.

Remember, every story told and every voice heard on Women's Day through magazines contributes to building a more inclusive and equitable world. Let's celebrate women's achievements, recognize ongoing challenges, and commit to supporting gender equality—not just on this special day, but every day.

Together, through the power of media and storytelling, we can continue to uplift women and create a future where everyone has the opportunity to thrive.

Magazine Women's Day is a celebrated occasion that shines a spotlight on the achievements, struggles, and ongoing journey toward gender equality for women worldwide. This special day serves as a reminder of the progress made and the work still ahead, inspiring countless publications to craft features that honor women's contributions across various spheres of life. As a prominent theme in media, Magazine Women's Day offers a unique platform to amplify voices, showcase stories of resilience, and advocate for positive change. In this guide, we'll explore the significance of Magazine Women's Day, its evolution over time, and how publications can craft meaningful, impactful content that resonates with readers.

The Significance of Magazine Women's Day

Magazine Women's Day is more than just a day for celebration; it is an opportunity to reflect on issues surrounding gender equality, representation, and empowerment. Magazines, as influential media outlets, have historically played a pivotal role in shaping societal perceptions of women. From covering pioneering women in history to highlighting contemporary issues such as wage gaps, representation in leadership, and reproductive rights, magazine features help inform and inspire.

Key reasons why Magazine Women's Day is essential:

- Celebrating Achievements: Highlighting women's accomplishments across arts, science, politics, sports, and business.
- Raising Awareness: Drawing attention to ongoing challenges like gender discrimination, violence, and inequality.
- Inspiring Action: Motivating readers to support women's rights and participate in social change initiatives.
- Fostering Representation: Promoting diverse stories that reflect the multifaceted nature of

womanhood.

The Evolution of Women's Day in Media

Historically, magazines have mirrored societal attitudes toward women, evolving from stereotypical portrayals to more nuanced, empowering narratives.

Early Representations

- Portrayals focused on beauty standards, domestic roles, and idealized femininity.
- Limited space for women's voices or professional achievements.

Shifts Toward Empowerment

- Introduction of features on women breaking barriers in politics, science, and arts.
- Coverage of women's rights movements and feminist campaigns.

Contemporary Approaches

- Emphasis on intersectionality, acknowledging diverse backgrounds and experiences.
- Highlighting stories of resilience, leadership, entrepreneurship, and activism.
- Using platforms for advocacy rather than mere celebration.

This evolution underscores the importance of responsible, impactful storytelling on Magazine Women's Day.

How to Create Impactful Magazine Content for Women's Day

For editors, writers, and content creators, crafting compelling features for Magazine Women's Day involves thoughtful planning, research, and a genuine understanding of issues faced by women today.

- Identify Your Focus

Decide on the core message or theme for the issue or feature, such as:

- Celebrating pioneering women in a specific industry.
- Addressing gender equality challenges in your region.
- Highlighting stories of women overcoming adversity.
- Promoting women's health, education, or economic empowerment.

- Curate Diverse Voices

Representation matters. Include stories from:

- Women of various ages, backgrounds, and professions.
- Marginalized communities and underrepresented groups.
- Voices from different cultural, racial, and socio-economic contexts.

- Conduct In-Depth Research

Ensure accuracy and sensitivity by:

- Interviewing women directly involved in relevant fields.
- Consulting reputable sources and data.
- Being aware of cultural nuances and avoiding stereotypes.

- Focus on Storytelling

Make narratives engaging and relatable:

- Use personal stories to illustrate broader issues.
- Incorporate visuals?photos, infographics, and artwork.
- Highlight moments of triumph and resilience.

- Incorporate Expert Insights

Add depth with commentary from:

- Feminist scholars and activists.
- Industry leaders and pioneers.
- Community organizers and educators.

- Call to Action

Encourage readers to participate beyond reading:

- Share stories on social media.
- Support women-led initiatives and charities.
- Advocate for policy changes.

Content Ideas for Women's Day Magazine Features

To inspire your content creation, here are some impactful ideas for Magazine Women's Day features:

Profiles and Interviews

- Celebrating women who have shattered glass ceilings.
- Personal stories of overcoming societal barriers.
- Leaders in women's rights movements.

Historical Highlights

- Pioneering women in history.
- Milestones in women's rights and achievements.
- Evolution of women's roles in society.

Issue-Focused Articles

- Addressing the gender pay gap.
- Women's health and wellness.
- Women in STEM and technology.
- Women's entrepreneurship and economic empowerment.

Cultural and Artistic Features

- Women's contributions to art, music, and literature.
- Spotlight on female artists and creators.
- Exploring cultural perceptions of women.

Action and Advocacy

- Profiles of campaigns fighting for gender equality.
- How to support local women's organizations.
- Tips for readers to become allies and advocates.

Best Practices for Publishing Women's Day Content

To ensure your magazine's Women's Day feature is respectful, impactful, and resonant, consider the following:

- **Avoid Stereotypes:** Present women as complex individuals, not just symbols or stereotypes.
- **Use Respectful Language:** Be mindful of terminology and cultural sensitivities.
- **Highlight Solutions:** Focus on progress and initiatives making positive change.
- **Engage Readers:** Incorporate interactive elements like reader stories, polls, or calls for participation.
- **Ensure Inclusivity:** Cover diverse identities and experiences to reflect the multifaceted nature of womanhood.

The Power of Visuals and Design

Visual storytelling enhances the impact of your content:

- Use powerful imagery that celebrates strength, diversity, and resilience.
- Incorporate vibrant colors associated with Women's Day, such as purple, green, and white.
- Design layouts that are clean, engaging, and accessible.

Measuring Impact and Continuing the Conversation

After publishing your Women's Day feature, consider ways to sustain engagement:

- Share stories across social media platforms.
- Host webinars, panel discussions, or interviews.
- Collaborate with women's organizations for events.
- Encourage reader participation through comments and stories.

Conclusion

Magazine Women's Day is a vital occasion to honor women's achievements, shed light on ongoing challenges, and inspire action for gender equality. As content creators, journalists, and publishers, your role is crucial in shaping perceptions and fostering a culture of respect, empowerment, and inclusivity. By crafting thoughtful, authentic, and diverse stories, you can contribute meaningfully to the global movement for women's rights, making every issue a testament to progress and hope.

Remember, the power of storytelling can inspire change. Use your platform to celebrate women's stories—past, present, and future—and help build a more equitable world.

Question What are some popular magazine features for Women's Day? Popular magazine features for Women's Day often include inspiring stories of women achievers, fashion and beauty tips, health and wellness advice, and articles highlighting gender equality and women's rights. **Answer** How can magazines celebrate Women's Day effectively? Magazines can celebrate Women's Day by showcasing diverse women stories, promoting women-led initiatives, running special editions focused on women's achievements, and supporting campaigns that advocate for gender equality. Which magazines typically publish Women's Day special editions? Major fashion, lifestyle, and women-focused magazines such as Vogue, Cosmopolitan, Elle, and Good Housekeeping often publish Women's Day special editions highlighting women's stories and issues. How has Women's Day influenced magazine content over recent years? Women's Day has led magazines to feature more empowering stories, highlight women entrepreneurs, address social issues affecting women, and promote inclusivity and diversity in their content. Are there digital magazine campaigns for Women's Day? Yes, many digital magazines run special campaigns, virtual events, and online features on Women's Day to reach a broader audience and promote awareness about women's issues. What role do magazines play in promoting gender equality on Women's Day? Magazines play a crucial role by raising awareness, challenging stereotypes, amplifying women's voices, and encouraging societal change through impactful stories and advocacy. How can brands collaborate with magazines for Women's Day promotions? Brands can collaborate with magazines through sponsored content, special features on women-led products or initiatives, and by supporting campaigns that celebrate women and promote gender equality. What are some creative ideas for Women's Day magazine covers? Creative ideas include featuring diverse women from different backgrounds, using bold empowering slogans, incorporating artistic illustrations, or showcasing women in leadership roles to inspire readers. How can readers engage with magazine Women's Day content? Readers can engage by sharing stories, participating in online campaigns, attending virtual events, and supporting women-centric initiatives promoted by magazines on Women's Day.

Related keywords: women's day, women's magazine, women's empowerment, female celebration, women's issues, women empowerment, women's articles, women-focused magazine, women's rights, women's feature

Read the full article online: [magazine womens day](#)