

January 2009

W

womensmag

5

Fitness products to help you reach your resolution

Of our favorite make-up must-haves

Ways to make your computer run better

Fashion trends from one of Boulder's top boutiques

Embrace change and take risks in 2009

Risky business

Meet a woman who risked it all for her dream job in a man's world

Annabel Lukins



Mother-daughter group helps teens through the tough years

If Manora Hanah Nygren could write a letter to her teenage self, it would sound something like this:

Even though you have issues with your body image and you feel moody and angry a lot, don't try to figure it out all for yourself. Your mother loves you. It might help if you started talking to her about everything that's going on right now. She'll hold you and tell you what it was like for her. She'll tell you to look at your crazy emotions like waves in the ocean. You are not those waves. You are the ocean.

Now at 30, Nygren understands this — learned through the typical trial and error of growing up. Today, her relationship with her mother is deeper and more balanced than when she was an “intense” teenager. And that bond has helped Nygren, of Boulder, better understand herself, as a woman.

Nygren and her mother, Elinor Nygren Szapiro, want to help others strengthen that bond, too. That's why this month they are starting an eight-class women's circle, a way of supporting the younger generation of women who are “entering adulthood.” They see it as a hark to traditional cultures, such as Native American and Jewish, where women gathered together during the new moon.

Szapiro says she remembers when her daughter was a teen.

“I really wished for a circle of women, the support of other women,” she says. “Support for the mother, as well as the daughter.”

She says mother-daughter relationships can feel especially strained during the teenage years, as the daughter tries to break away and assert her own identity. But when she does this, she misses out on potential support from her mom.

“Moms and daughters aren't able to connect in the ways they both want to,” Szapiro says.

A woman's high-charged emotions can be destructive, if not channeled productively,



Elinor Nygren Szapiro, left, and her daughter, Manora Nygren.

says Nygren. But when a woman starts to understand her emotional responses, they can become great motivation, inspiration and strength.

“This is important to teach young women becoming adults in our society, because the strength of the feminine can get lost in our academics, the whole societal structure and the ways teens are asked to be a certain way,” Nygren says. “Often, young girls start to experience low self-esteem, not understand their bodies and feel disempowered.”

By sharing their stories with others, these girls can see that what they're experiencing is nature and learn different ways of embracing themselves than what they're taught in society.

“It's hard for women to embrace what's feminine,” Nygren says.

Contact Elinor Nygren at 303-530-5391 or e-mail hanaforhelth@gmail.com

— By *Aimée Heckel*

RELATIONSHIP RESCUE

Why he won't tell you his New Year's resolutions

Men tend to be “internalizers.” They keep their feelings and emotion to themselves. They can be hard to read. Think: the masked man.

Women, on the other hand, are “externalizers.” They tend to let it all hang out. They are also highly expressive. I often

say women are like an open book.

If you get a group of women together, look out. There will be high levels of disclosure — women sharing everything and anything. No conversation topic is sacred. From diets to their insecurities to husband problems, women seek connections and intimacy

through sharing.

For men, self-disclosure is minimal. Men stick to “safe topics,” like work and sports. They talk to share information, not emotion.

So on the topic of New Year's resolutions, he might tell you how many miles he wants to start running every week, but don't expect him

to tell you the underlying emotional reason why.

— By *Audrey Nelson*
Nelson, of Boulder, is a consultant, trainer, keynote speaker and author. Her book, *You Don't Say: Navigating Nonverbal Communication Between the Sexes*, is in six languages. Check out www.audreynelson.com.