

Girls' Night Out: Celebrating Women's Groups Across America

Barbara Camens, Tamara Kreinin

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Girls' Night Out: Celebrating Women's Groups Across America Barbara Camens, Tamara Kreinin "This is my family away from family."

"We have supported each other through huge life transitions."

These are the inspiring words of women who have enjoyed the power and emotional support of a women's group. Girls' Night Out celebrates this vibrant and growing phenomenon in women's lives through moving words and pictures that tell the uplifting stories of a spectacularly diverse set of groups from all across America. "As we have traveled around the United States," write Tamara Kreinin and Barbara Camens, "we have witnessed an explosive interest among women in making enduring connections with other women, not simply through friendships, but through groups. They bring intellectual empowerment; they're a source of celebration and comfort; and they encourage a unique freedom of expression."

In Girls' Night Out you will meet women of all ages who have come together to create the special bond only a long-standing group can offer, from the adventurous African-American motorcyclists who share exciting rides, to the artists who hold group shows of their artwork, to the twenty-something career women who meet regularly to play mah-jongg and vent about work. One group of women in their seventies and eighties has been meeting for more than fifty years!

Each chapter captures the essence of a group, recounting the story of how they first got together: "We began as a result of need," says Elizabeth of the Tea Group in Boston—"I felt like there was nowhere for me to speak"; how they weather hard times, rallying to support one another: "We act like coaches for one another" says Suzie of the Bridgies in Needham, Massachusetts; and how they celebrate joyful life events together: "When my husband and I decided to get married," recalls Lisa of the Fabulous Group in Oakland, California, "I asked these women to walk me down the aisle." Each group has played a vital role in the lives of its members and offers a remarkably rich source of personal support and enduring friendship. "Now I know I will never be lonely," declares Nancy of the Network in the Hudson River Valley, New York. In an inspiring concluding chapter, the authors—who are both long-standing members of women's groups themselves—offer a wealth of practical tips on how to start a successful women's group of your own.

This unique celebration makes a wonderful gift to pass on to your sisters, neighbors, close friends, and female colleagues. Or, if you're already a member of a women's group, this is the perfect book to share with your fellow members, as inspiration to reflect upon your own group's history and cherished memories.



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[&]quot;This group has turned me on to more interesting things in this world, in this life, than anyone else."

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