

# newsworthy trends

## What Women Really Want

(NAPSA)—Not only don't real women have a Barbie-like shape, it turns out they don't particularly want to.

That's one of the things discovered by a recent survey of how women really feel about life, work, family and body image. The study also asked celebrities how they "keep it real." Here are a few of the findings.

- Family comes first. Sixty-four percent of the women surveyed said they put their family's needs before their own—but they don't view that as a bad thing. Two out of three feel happiest and most fulfilled spending time with family. Celebrities, it appears, are no different. Actress Camryn Manheim may have won an Emmy but she prefers keeping it real by watching the award show on TV with friends and family.

- A little indulgence is good. Only 17 percent of women surveyed said they felt guilty if they indulged themselves. Says WNBA superstar Lisa Leslie, after a day at the spa, "I feel relaxed, centered and I can once again focus on what's real."

- Women go for comfort, happiness and serenity. Outward appearances are less important than comfort and inner peace. Seventy-one percent of women care less about what size they wear than about how their clothing fits and feels. Boxer Laila Ali and tennis phenom Serena Williams say spirituality is the key.

- Women value nurturing and are good at it. Women feel they have better interpersonal skills than men, with 66 percent saying women are better parents. For celebrities, nurturing often trans-



**Plus-size model and TV personality, Emme, enjoys "slipping into a pair of sweats, boiling a pot of tea, turning off the phone and allowing myself a few moments of peace and quiet."**

lates to charity. *Malcolm in the Middle* star Jane Kaczmarek says she stays grounded by giving "as much money as I can, especially to child-based charities." Soccer superstar Mia Hamm even started her own foundation to honor her late brother. She says friends, family and working at her foundation helps her keep in touch with what matters.

The survey, called Carefree Coverage Plus "Women Get Real," found that real American women work hard and know what matters—and it's *not* size.