

# Friends to lean on

**W**HEN do you turn to your best friend?

According to a recent study by psychologist Meredith Fuller, it seems that women turn to their female buddies for advice about love and lust, but when it comes to career and money, it's the main men in their lives who they trust the most.

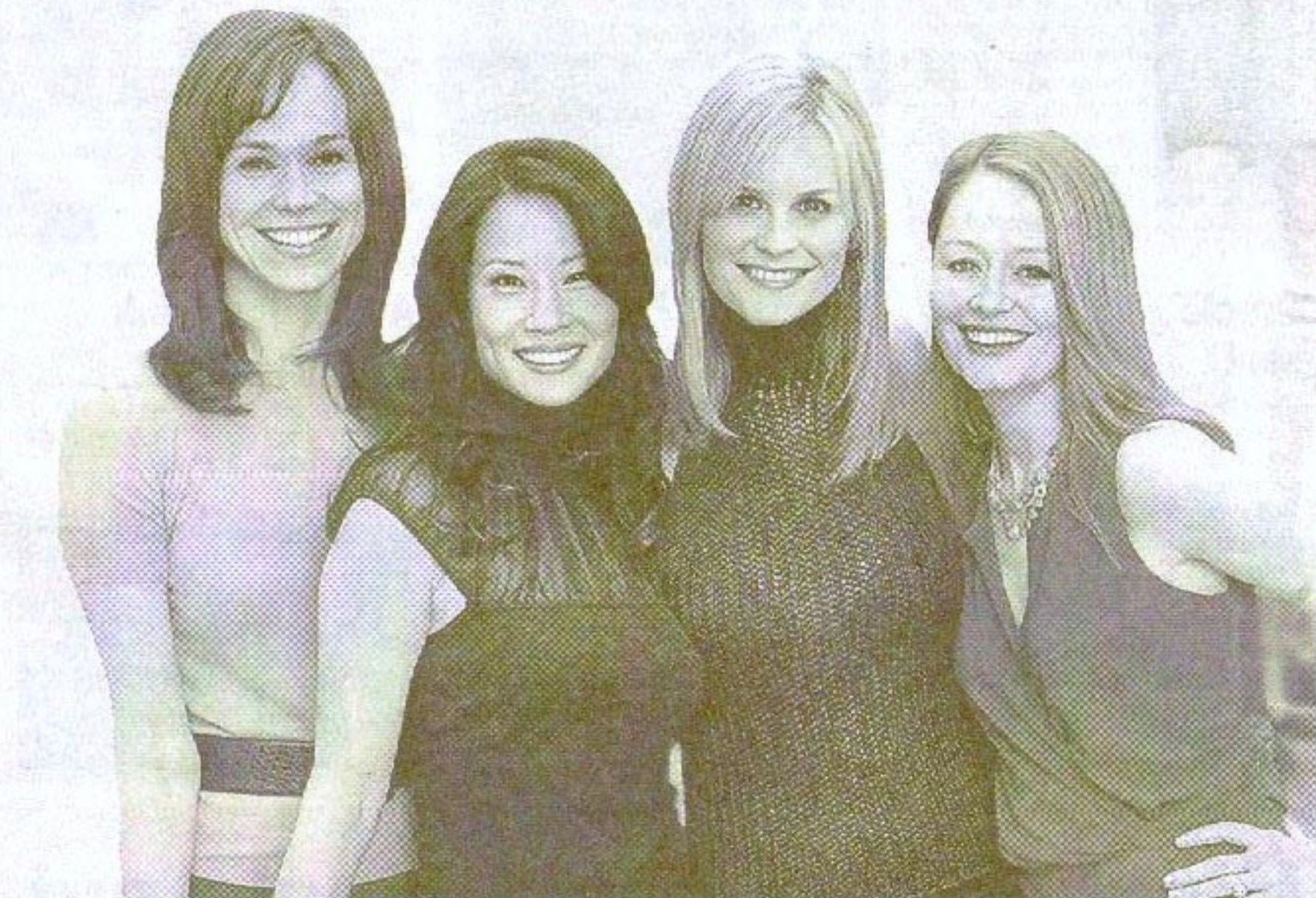
Does that seem true for you?

As part of Wonderful Women's Week — culminating in International Women's Day on Saturday — Ms Fuller's findings, conducted on behalf of lingerie company Triumph International, found that, of the 1200 women surveyed, 49 per cent of females trust their best friends to listen, give advice and provide support about personal and relationship issues.

Female friendships are special, aren't they?

With all the challenges that life in this modern world throws at us, I know that, for me at least, the chance to chat with my dearest female friends is a way to keep sane and happy as the juggle of work, life and family continues crazily around me.

The first round of research, said Ms Fuller, has also revealed that the battle between best friends and boyfriends rages on — that while women recognise our friends are the ones to turn to for matters of the heart, it's our men who often have the best insight into career-related issues.



**Best friends:** The women of Channel 9's *Cashmere Mafia* turn to each other when dealing with the challenges of life, love, work and family.

And when it comes to those we can trust to keep our dirty laundry secret, it appears that mothers are rarely the persons we turn to first!

Hmmm. No surprises there, I don't think.

Having a close relationship with your mother is great, but

she's not the one who needs to hear all your secrets.

I'm looking forward to seeing the results of the next round of research — delving into what exactly it is that Australian women get from close personal friendships, as well as exploring how long

most women have had these friendships, whether geographical distance impacts them and factors such as how many times they communicate to keep these relationships alive.

Being conducted via a "microsite" especially con-

structed by Triumph — [www.youarewonderful.com.au](http://www.youarewonderful.com.au) — the research hopes to be one of the biggest surveys in the world looking at the value of women's friendships.

It's definitely worth a look. And tell your friends!