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Media Release

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LADIES, WE'RE BACK!

Ladies, We Need To Talk returns with a brand new season of taboo topics.

Back today, to tear open the sealed section on life, Yumi Stynes returns with a new season of the hit podcast *Ladies, We Need To Talk*.

Last season, the show delivered truly honest conversations on the taboo topics surrounding womens' health, sexuality and relationships. With episodes on vulvas and vaginas, masturbation and menstruation, alcohol, motherhood and the mental load, it was a standout hit for the ABC.

"I've had women stop me in the street," says host Yumi Stynes. "To share both their reactions to the podcast, and their own long-held secrets. This new season of *Ladies, We Need To Talk* is full of 'wow' moments – 'Wow, I didn't even realise that was taboo.' And, 'Wow, I really needed to hear that.' It's goosebump-raising stuff and I am beyond proud to be part of this blockbuster podcast!"

Launching today, the new season of *Ladies, We Need To Talk* is tackling a whole new series of topics and holds no punches. From miscarriage to infidelity, plastic surgery to porn.

And for the first time, they're opening the conversation to listeners to talk back.

ABC Audio Studios Manager, **Kellie Riordan** says "Women (and many men!) responded so warmly to *Ladies, We Need To Talk*, keen to candidly share their experiences on health, bodies, sexuality, parenthood and relationships.

"We were inundated with stories from women across the country and can't wait to have Yumi again lead a much-needed conversation between Australian women who are feeling the squeeze between their work, their families, and their pelvic floor muscles. This new season of *Ladies, We Need To Talk* will make you laugh, weep, and give you the courage to talk about those taboo topics we should be delving into."

If you have a treasure chest full of secrets; something taboo you need to get off your chest – get in touch with the *Ladies* team on 1300 641 222 or <u>ladies@abc.net.au</u>.

For the podcast that every woman will be talking about, subscribe to <u>Ladies, We Need To</u> <u>Talk</u> on the <u>ABC listen app</u>, <u>Apple Podcasts</u> or wherever you get your favourite podcasts.

#LadiesWeNeedToTalk | abc.net.au/ladies

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