

JEWISH LATIN PRINCESS
LEAH RICHEIMER, HOST OF THE LADIES TALK
SHOW AND AUTHOR OF MARRIAGE SECRETS
EPISODE 79

You're listening to Jewish Latin Princess Podcast by Yael. Every week get your dose of inspiration from the world's most uniquely talented Jewish women and from Yael herself. Seeking profound and practical ways to live a joyful, richer Jewish life? Welcome to Jewish Latin Princess Podcast.

And now, Jewish lifestyle expert and bilingual blogger at www.jewishlatinprincess.com, your host, Yael

Yael Trusch: What is the most important factor affecting women's happiness and fulfillment? I bet you had not thought of this one, but my guest today makes a pretty strong case for Shalom Bayit, Peace in the Home; and more specifically for marriage – your marriage. Hmm, boy did I have questions about that. You're listening to Jewish Latin Princess, I'm Yael Trusch your host – welcome to the show.

This is Thanksgiving week, a lot going on for everyone, I'm sure. If you've been wondering where I have been hiding I haven't really been hiding. I've just been consumed by a few work projects and more importantly being very deliberate about getting enough sleep during the crunch time and staying present throughout everything that has been going on in my life for my family: for myself, for my family.

We had beautiful milestones, really, in my family within the last three weeks. I had a birthday – my daughter had a birthday and my son put on his tefillin for the first time, marking exactly two months before his bar mitzvah, his 13th birthday which was a very beautiful moment for the entire family. And, now, this week, my second daughter is having a birthday, so Mazel Tov again!

I just actually, today, finished teaching a women's class on Jewish birthdays and Jewish calendar in Spanish and of course, we had the

Friendship Walk last week which was a big success, thank God! So I can't complain, all these things have been amazing and they've actually lend themselves to being more present for my family as I said, taking a brief hiatus, from my social media and my newsletter, sorry guys, I'll be back soon; and even editing these wonderful interviews that I can't wait to get to you. I have a lot of good content in store for you, but as I said, I had to be present for my family, for my husband, my kids, myself... which brings me to today's interview with fellow podcast host, Leah Richeimer.

Leah is the host of the weekly podcast, The Ladies Talk Show. This a unique format of a show as she'll tell us soon. She's also the renowned author of relationship books, multiple relationship books including her latest book, Marriage Secrets.

Leah is also the founder of the Marriage Campaign, a non-profit, global initiative which encourages people to make marriage a top priority in life. Leah uses the wisdom of our Torah and ancient sources, so it's not Leah's wowo she says it's a three thousand year old record of success to inspire us to build a better marriages and live fuller lives. So why marriage? – I asked Leah. Of all areas of self-growth, why is Leah obsessed with marriage? What about equality? We do live in 2018, why shouldn't equality be our focus when it comes to our homes? What is the number one way to get your husband to respect you?

And while we are on the topic of men; what about them? What about the men? Why is it on the women? I asked Leah, wait till you hear this! And how do you get your needs met within a marriage and the appreciation that you crave and he finds so hard to provide? Oh, there's so much to learn here. Listen up ladies cause Leah Richeimer is on a mission to mobilize our nation to work on marriage. Here's the lovely, Leah Richeimer.

[Theme Music]

Yael Trusch: Leah Richeimer, welcome to Jewish Latin Princess, how are you?

Leah Richeimer: Thank you so much for having me.

Yael Trusch: I am so excited to talk to a fellow podcast host, hello! This doesn't happen every day!

Leah Richeimer: There you go, that's great. Thank very much for having me. I'm a big fan so I'm very excited to be here.

Yael Trusch: Just to brag a little bit about you, you are the host of The Ladies Talk Show and you're an author, multiple times, so I want to start with your – before we even get into the Talk Show, I want to start with the your line of work. You're an expert in marriage, that's your passion, that's where you've been putting your life, your energy into... I'm curious how did you even get to that point to writing so much about marriage, starting a non-profit that we'll get too soon, the Ladies Talk Show – give us the back story, why marriage?

Leah Richeimer: Okay, it's fantastic. So the basic thing is that if you go into any... stop any lady in the street and you asked her, okay, what is our traditions for... to keeping kosher? They say, oh, you separate the milk, the meat; you could talk to them for two hours about hechsher and different things. Now you stop her and you ask her, what's our mahzир. What is our tradition for Shabbos? Oh, you light the candles, you have hach and then you say, okay, fine. What is our tradition for Shalom Bayit, for Peace in the Home and for happiness? And she'd be like... I'll get back to you on that one, Leah, okay? She won't have that answer –

And yet, Yael, can I tell you? The answer to that question is the single most important factor in her own happiness and in her own mabad her future. You know, whatever the world to come, she's all – but in terms of her day to day life, what's her life going to be like? Is she going to be a happy person? Is she going to be content? Is she going to be satisfied? Are her needs going to be met? Is she going to be feel like vivacious and vital and like she's maximizing her potential – that's all going to be dependent on her Shalom Bayit and yet the mezurah the... all the traditions that we have, let's say, exactly how to be happy have been somehow lost to her, it's not coming off, you know? She's that snap, snap, snap – here it is.

Yael Trusch: Yeah.

LEAH RICHEIMER: I saw a lot of suffering and this is the answer.

Yael TRUSCH: You will... I... like... I have to give – I have to tell you a joke. You know what's the key to Shalom Bayit?

LEAH RICHEIMER: What's it?

Yael TRUSCH: You want Shalom? Let her buy it.

LEAH RICHEIMER: Oh, that? I love that. I love –

Yael TRUSCH: That's just for the guys.

LEAH RICHEIMER: Put out the credit card – hand the credit card, there you go.

Yael TRUSCH: By the way, I'm totally against that. I have a lot to say about women and money and how money plays a big part in your marriage and how important it is to resolve your issues with money and work things financially as a couple, but that's a side conversation. But I love what you're saying because in simplistic terms, I mean, it's like we almost we have the recipe for Shabbos and kosher, and... but when it comes to marriage, we don't know what these things are.

LEAH RICHEIMER: Right! We're scratching our head and the point is – look, if Yael, if you had the same idea, right? And you said, you know, what? We need to figure out what our Mezurah is? What's your decision? What does God say is going to make me happy, okay? Because He created me, He probably knows what I need to be happy, okay?

Yael TRUSCH: Yeah.

LEAH RICHEIMER: And if you want to look on the bookshelves that you have right now sitting wherever you're sitting in your house somewhere, you would find all the sources there. All I did is I lay whichever I went. I went, pulled down everything and I collected two hundred and twenty Torah sources of what our – of what is going to make a wife happy in marriage, a husband happy in marriage. I wrote them down and then I put them in an

order that's just easy to read and you know I made it nice, but the basic thing is, this not Leah Richeimer's brilliant ideas, this is --

Yael Trusch: This is Torah.

Leah Richeimer: This is Torah, that's it.

Leah Richeimer: I love it – but Leah Richeimer, why? Why? Why did that irk you so much? Just like it irks some other things, what was the everybody connects to something... why do you think marriage was the thing that you said, I need to help women in this area?

Leah Richeimer: So, I flew to Philadelphia, there's a Rabbi there Rabbi Shmuel Kamenetsky, who's one of the Gedolah of the generation and I said to the Rosh Yeshiva, I said, I believe that the Avodah the work of our nation in our generation, Shalom Bayit, is Peace in the Home. And he said to me, Mrs. Richeimer, what exactly is your source for this, and I said, I actually I was kind of hoping that the Rosh Yeshiva would be my source for this, so he was –

Yael Trusch: Yeah.

Leah Richeimer: What! Right? So, I said, you know, in Midrash Rabbah Bamidbar says that showing some is so great that's equal to everything in creation and I quoted about these sources and I said, the problem is there are so many things ill's facing our world so for instances that you have kids off to drug you have people with addiction problems, you have pornography problems, you have sneeze problems – all the issues, there are a myriad of issues that are facing Israel, the Jewish nation, and if you were to take care of Shalom Bayit and people had peace in the home, most if not all of the problems that are facing our nation would be solved because if person let lashon hara, they speak in gossip at left, right and center doing untold damage, if they felt good about themselves and good about their marriage and good about their life, they wouldn't have the need to put other people down to feel good.

So I said this to the Rosh Yeshiva and he said, Mrs. Richeimer you need to teach this to as many people as possible.

Yael Trusch: Yeah.

Leah Richeimer: I just believe it's the source, based on they take their Shalom Bayit all of the other – it's kind of like –

Yael Trusch: I agree.

Leah Richeimer: Why are we running around putting corks in the leaky dam, let's just stop the water from going over... you know, or from filling or whatever so –

Yael Trusch: Right.

Leah Richeimer: That was a funny analogy but you get what I'm saying.

Yael Trusch: No, no – it's so true and the truth is that the Torah emphasizes, places so much importance in Jewish marriage and in the peace between husband and wife and that relationship and our family is as strong as the leaders of the family. I didn't make that up, I actually just heard it. Who told me? Oh, my latest podcast guest, Chanie Wilschanski, she said that and it's true our family is going to be as strong as we, the leaders, the couple, the husband and wife are together as a unit, right?

Leah Richeimer: Yeah, no! A hundred percent and it's a big issue that's going on now which is a lot of people spending so much time paying attention to their kids and as this is a little controversial what I'm about to say. I recognize that some of the things that I'm going to say and I'll talk to you about equality in a second but I want to finish this point, some of the things I say are like, huh? Where is she coming from? But if you tried them on and sit with them, some of them, again, I'm using sources. This is all based in Torah, but a lot of people are putting their children ahead of their husband.

Yael Trusch: Yeah.

Leah Richeimer: Their children, and the problem with that is besides the fact that it doesn't work in terms of the kids don't do well and the marriage doesn't do well, where if you take care of the marriage, the kids will turn out fine no matter what you do practically. Not guarantees for

anything or whatever but it will be the best possible scenario for them, but aside from that, in the Torah there are many, many sources in our messages have many sources that we spend eternity with our spouse that will one half of their neshama, we spend eternity with our husband.

Yael Trusch: Right, right.

Leah Richeimer: I couldn't find any sources and if you readers find one, please send it to me. I couldn't find any sources and I had many Rabbis looking for me because I felt very strongly about the same... this point so strongly that said, that you, children, spend eternity with you. It's all about your husband spending eternity so if you put all your energy into taking care of your children after a hundred and twenty, you know, you're not going to have the same eternity.

Yael Trusch: A hundred percent.

Leah Richeimer: But if you put –

Yael Trusch: I whole heartedly agree with you and I think it's so important for the kids to see we make it at home a point for the kids to know that mommy and daddy are going out, like this is something we do regularly, this is our time together and no matter what! Like they should know that our marriage comes first and yeah, I mean...

Yael Trusch: Yeah, it's so true and I'll tell you I had a lady yesterday and she said, well, what if my husband's wrong? And I said, what do you mean? She said, well, I was sitting at the table and my kid comes and start screaming and whatever and my husband turns to her, and said – screams, go to your room and she's like nine years old or whatever, and he screams at her, go to your room and it was so uncalled for. It was so ridiculous, it was so punishment doesn't fit the crime, so what do you expect me to do about that Leah? And I said, tell your daughter, don't let the door slam on the way out. You stick by your husband –

Yael Trusch: Right.

LEAH RICHEIMER: Because not – she said, uh, really? She said I told my husband that’s a little harsh and then I turned to my daughter and I said, what’s bothering you, dear and whatever, I said, okay. Now you’ve embarrassed him in public.

Yael Trusch: Right.

LEAH RICHEIMER: You’ve disrespected him in public and what have you taught your daughter? That she can split mommy and daddy by misbehaving.

Yael Trusch: Yeah, that’s so – I’m glad you brought that up because that’s a common one and it’s so tricky, we have to remember to then talk to our spouse in private but not –

LEAH RICHEIMER: Yeah, that’s right.

Yael Trusch: I... its –

LEAH RICHEIMER: Yeah, no... it’s right. And the other things about it is that when... what she said is, how did it land up? And she said, well my husband was annoyed with me and like was giving me the cold shoulder and my daughter didn’t do, you know, is... was just as bad as before and here is the situation for the parents need to realize is that, whether you have kids or not, it’s still important, Shalom Bayit is the most important thing but for parents, when they are spending ten years, the first ten years of the kids life kind of disrespecting their husband, embarrassing their husband, not going along with their husband, even if their husband is wrong, okay, they should go... they should still go along with him because then they kind of like just you said, talk about it later, but if they spend that first ten years of the kid’s life always disagreeing with their husband in front of them, then when their kids start hitting teen and teenager, whatever, the main authority figure that a child needs in its life, in their life when they’re a teenager is the father. The father can be a big heavy, big point of authority and will keep them in check and keep them, you know, from backing... going all over, testing the limits to the end of faith and they’ve ruined it because they spent the first ten years knocking their husband and putting

him down in front of the kid. So it's just I'm not trying to be scary, I'm just saying let's be smart about this. Not only it is not good for your marriage it's also not good for your kid.

Yael Trusch: And then what comes next, you start writing? Were you teaching before? I think you were teaching Kallahs, right? Brides?

Leah Richeimer: I have been actually teaching for 26 – 27... I don't know, whatever, I don't want to age myself, a lot of years or whatever. I was teaching many, many years for singles. I have a book called Shidduch Secrets as well as the Marriage Secrets. They're kind of sequels to each other and I actually have a lot of single people who are reading Marriage Secrets so that they can... they also want to learn how to be the best wife possible.

Yael Trusch: Good!

Leah Richeimer: And how to be... you know, someone said to me, oh, is it about... is it a book about equality? I'm like, no, it's a book about happiness, like, how do you make a wife happy? What are women's needs and recognizing those needs... so, but anyway, so I was teaching singles for a long time? I wrote many books also for the secular audience before I'd... at one point, when my husband, I said listen, what I really want to do is pour all of this into Kol Israel. All of my strength into Kol Israel before it was for naches now it's for hesed.

And I just should say this in the side that all of the proceeds from all of my books and everything I do, any lectures, every nickel goes back into Shalom Bayit, and I say that because I think it's important for people to know I don't – I'm Baruch Hashem, I'm lucky to be able to do that. Very, very lucky to be able to do that but I also think, I'm on a mission.

I'm not like trying to be rich and famous or whatever which I wouldn't mind but, you know, I'm on a mission for... to mobilize Goy Israel, to mobilize our nation, the Jewish people to work on marriage... to make it the number one priority in their life or at least one of the top priorities in their whole life. I think it's the number one but people have... might have other goals or

whatever but to make this, put this on the map so to speak, so that everybody think, we got a people aren't shy or embarrassed to go to classes on Shalom Bayit, it's the thing to do and so I'm very grateful to you for sharing this with your audiences because I'm sure people think of it like, well, you know, I'll get to it one day rather than putting it in the forefront. what they don't realize if people only realize that they put it right in front of their face and make it a priority their happiness would be ten times and I'll tell you there's two reasons for that. One, is because – thank you for letting... I'm babbling, sorry!

Yael Trusch: I love it!

Leah Richeimer: Thank you, you're so sweet. One, is because they are working on... whenever you put energy into something, it gets better, that's just the way it is.

Yael Trusch: Yes.

Leah Richeimer: But here's the key to it. When you are working on Shalom Bayit, blessing pours into your home from every nook and cranny, every window, every... but it just pouring out of it. Whether it's pouring in, blessing is pouring in from Shamayim because Shalom is so important to God, that God will bring blessings. So if you are sitting there and your kid is doing poorly in Math and the dishwasher handle is broken and your car is not starting and you come home and your husband walks in the door and you are frazzled, and you put down your phone, you put down what you're doing, you turn the boiling pot down to low and you say, hi! Great to see you! How's everything? Just three minutes, five minutes – then guess what? You're going to come back and your son's going to get an A on his Math report card. Your dishwasher handle that was broken, you're going to take a little screwdriver and fix it, not have that hundred dollar repair bill, and your car that was giving you trouble suddenly isn't giving you trouble.

This is not Leah Richeimer's woo woo, airy fairy. This is a guarantee from the Torah. If you read the Torah carefully and I actually give all the sources, 220 sources, if you read it you will see, every manner of blessing comes into our home when we focus on Shalom. So people understood that. What

the pay-off is for doing this? It's not just a better marriage, it's not just better spiritual doing the right thing, it's also their own happiness, and their own joy and satisfaction in life is going to go up exponentially, and that's the main point.

Yael Trusch: That is key, it's so key, but I have to ask you a question that I've asked myself many times before and I've discussed this with my husband and other people. There are wonderful people like you, there's wonderful resources for women and women tend to take the lead on this area of work, and working on themselves and their marriage, but Leah, who's working with the men? That's my question.

Leah Richeimer: Yeah.

Yael Trusch: I heard so many times, Leah, women who said I'm into mikvah, I'm into doing the work, but he's not, and so it takes two to tango, so I think we need to, well, maybe it's a side conversation, but we need to do something to help the men out there, too! Not us personally but –

Leah Richeimer: Well, I agree, but I will tell you something and this is the power of women. There's many, I won't go into all the side things about the women in the desert, all the things that the miracles that the women have brought, they brought to Goy Israel –

Yael Trusch: A hundred percent, yes

Leah Richeimer: To our nation and to the world. But here is the most gorgeous thing, all Bracha, all blessing come from Shamayim, from God Himself, through the husband and to the wife. That the husband is the giver and the wife is the receiver.

Yael Trusch: Right.

Leah Richeimer: Now... yeah. So here is the thing... if the wife is be the receiver, she's being the receiver, she's learning to grow as a receiver to be a bigger and bigger vessel for that blessing, the husband naturally becomes the giver.

Yael Trusch: Yes.

LEAH RICHEIMER: He's born... what stops from doing the gift giving is his wife isn't receiving and how do we know this, besides all the sources that we have, I've put thousands of people through my classes and my workshops and they come it's miraculous, like, are you sure you're not secretly giving the men lessons behind the scenes? You're telling them, you know, you're teaching them because my husband's a new husband, how did that happen? And it happened because the wife is receiving.

Yael Trusch: Yes.

LEAH RICHEIMER: When a woman first comes to my class, she's got her arms crossed, right? She got her tongue and her cheek, she's sitting there like this looking at me, like, uh-huh, and crossed her legs like telling me something, like I don't believe a word you're saying lady. Such an attitude and rolling her eyes at things I'm saying, and I will say the following, I will say, you know, the Rambam says, you need to respect your husband exceedingly, and she'll look at me and she'll say, yeah. I'll respect him when he respects me.

Yael Trusch: Right!

LEAH RICHEIMER: Right? Get it? This is exactly on point with what you're asking and here's the point, I'll say, you know what? You're a thousand percent right, he should respect you. Do you want to know the number one way to get him to respect you? Respect him!

Yeah! Is it fair that the woman has to do it first? – Probably not. Is it fair that we're the aids are connect though, we're the help made opposite with him instead of him being the help's made opposite as probably not. If you're looking for fairness, this isn't fair. But if you're looking for happiness and you're looking for Shalom, for peace, and you're looking for ultimate satisfaction and joy in your life, follow what the sages are saying. We follow them in everything else we do, we follow the Shabbos... the sages say, respect him first and he will respect you and it's unbelievable one.

So in that first class I'll give the homework, go home, one time in the week don't interrupt your husband. Again, they're still rolling their eyes. Now they

come back the following week the same ladies who were rolling their eyes and crossing their arms or whatever, they are like some of them interrupting me like shush, let Leah speak... let her speak! I want to – you know, they're taking notes, they've got a notebook, they are writing everything like that – Why, because God designed us and then He taught us exactly how to make our husbands happy and how to make our souls happy and this is the way.

Yael Trusch: This is the way.

Leah Richeimer: And so, the men don't really need to go to classes. It's better if they do, good luck with it. I've tried starting things for men's or whatever, I had I think it was 68 women in the class and they begged me, do something for the men. So, I had them all bring this thing. I just had a Rabbi and he taught a class. Six people out of 68, there's 68 women and 6 husbands showed up so I that was it. I'm like, okay, logistically not happening. Meanwhile, P.S. – that was six years ago, meanwhile, I'm teaching just the women to be receivers and the husbands are tripping over themselves trying to give more and more and more to their wives.

Yael Trusch: I'm so happy that you gave us that reminder. It's true, the Mikable the giver, I mean the receiver give's back to the Mashpia, to the giver, it's just such a beautiful kabbalistic concept but it works in reality, that's why the Torah's giving it to us.

Leah Richeimer: Exactly. That's exactly it.

Yael Trusch: It's like my husband always tells the new husbands, now you are... you and your wife are... now you're a king, you just got married, you're a king; but you know how long you're a king? – As long as you keep treating your wife as a queen.

Leah Richeimer: Wow. That I like.

Yael Trusch: That's right, right?

Leah Richeimer: Yeah, that's awesome. Well, I'll get to the equality thing because I don't want to forget. And that –

Yael Trusch: Yes, tell us all about that?

Leah Richeimer: Okay, because this is like women are like – you know? I speak to all different types of women from all across the spectrum or whatever, and they're all... they're... it... the beautiful light of Torah. When you take the Jewish people as a whole and I have travelled all over and did the teaching and then I have a lot of people now on my podcast and on my talk show, I'm sorry, Facebook live talk show and the women that I meet are all boss aliyah, meaning boss aliyah or whatever, they're... they want to grow. They want to be better, they want to learn what can I do to improve my life? What can I do to improve other people's lives? How can I do more kind acts? What – it's really remarkable.

But, I do have... there is this whole thing, for the last sixty years in our... American around the world has been the women's movement and I'm all for the women's movement. They gave us more choices than we ever dreamed possible. However, there's one mistake that is made and that is with equality. So, as far as equality goes, that it is extremely important to all of us in the workplace. It is crucial that they – there be equality. It is – we should all be embarrassed that a woman earns 67¢ for a man's dollar. That needs to be rectified.

Yael Trusch: That needs to be rectified – we all need to be working towards correcting that.

Leah Richeimer: Yeah! That's disgusting, okay. It's disgusting and if you were to say, we have donated money to that cause, I'm in, okay? However, in the home, the equation is not equality. The equation is Shalom, that's the appropriate measure for a home is there Shalom, is there not Shalom? So a lot of the problems I think that women have and I'm get... you had mentioned to me that something about what are... what is one of the most prevalent issues dealing with women are facing today and that is with this issue because their husband's are not doing an effort, doing as much as they feel he should and that's not we should be looking for, we should be looking for Shalom and does that mean we should be a doormat? Absolutely not! Does that mean we should say yes to everything?

Absolutely not! We have been yes sir, which is into women's intuition, that's a blues translation of – women's intuition that are needed desperately by our husbands and by our families to run the show. But in terms of micromanaging and making everything equal and being that is what's causing a great deal of the problems that are going on in marriages today.

Yael Trusch: So, you're saying the focus needs to be Shalom not the balance of, yeah, equality I guess, that's what you would call it.

Leah Richeimer: Yeah and a lot of women come to me and they're so frustrated because they're not getting their needs met and I hear, I definitely hear them that they feel unfulfilled and unsatisfied. They're not getting their needs met, so you know what my first question to them is?

Yael Trusch: Yeah, what is it?

Leah Richeimer: What are your needs?

Yael Trusch: Right! I was going to ask you, do they tell you? I'm always curious when I hear that, so okay, so what do they say?

Leah Richeimer: They kind of ... well, and they start rattling off – Dozens of things.

Yael Trusch: So, one second, is that an indicator then? Is the response – my friend, you haven't really articulated your needs neither to yourself and I bet not to your husband and so if he doesn't... you're not articulating, you're not communicating then how do you expect, right? Does that what you think?

Leah Richeimer: That's exactly it.

Yael Trusch: Oh, okay.

Leah Richeimer: That's exactly it. Now I'll tell you what the primary, you will hit the nail on the head, saying you could have written that chapter, okay! The issue is the prime cause of that, of having this mush of - is the people get confused between their wants and their needs and right now they're kind of like they're very separate in reality but in their mind – in a

woman's mind, it's a big huge mush co-bubble they're all, you know? So like she wants him to bring her flowers but she really needs his attention when she's in a bad mood or something like that or maybe she needs space in the bed or whatever. She has a deep need like that and she is focusing all her attention on getting flowers, why? – because her sister in law gets them.

Yael Trusch: Right.

Leah Richeimer: So she's demanding that of him, then she's demanding that he picks up the milk on time, then that he calls before he comes home if he's going to be late, then and then that he doesn't text while he's on the phone with her, she's throwing a hundred wants a day at him and none of them are getting met or some of them are sporadically getting met, and then she feels unhappy. Where as if she is in her own mind, separated out, you know I really don't... getting flowers is a want, it's not a need of mine. I really don't need that, but I really need him to text me to tell me what time he's coming home for dinner because I'm tired of waiting and watching at the window or whatever women do, you know, like that.

Yael Trusch: Right.

Leah Richeimer: So, understanding our own needs is our responsibility, it's not like that.

Yael Trusch: It's not his, right.

Leah Richeimer: It's not his, it's ours and once we know that, are you kidding me? You tell that your husband what you really need and in the order of priority and say, I need this. You know what? I thought I needed you to wash the dishes every night because I felt like that was fair. I'm not after equality, and frankly, you always leave soap on the dishes anyway, so you know what? I'm giving up you washing that soapy... the dishes every night in exchange when you walk in the door, I want you to pull me aside and spend five minutes asking me how my day was.

Yael Trusch: Right! Or even as I wash the dishes, why don't we take that time and we catch up on the day and he sits at the –

Leah Richeimer: That's right!

Yael Trusch: Kitchen table chatting with her, that's probably all she needs, right?

Leah Richeimer: Yeah.

Yael Trusch: One on one time. She doesn't really mind washing the dishes because she probably does a better job.

Leah Richeimer: Yeah, I understand and –

Yael Trusch: And she wants time with him.

Leah Richeimer: Right, that's exactly right, but under – the only way you'll know you'll be able to set that logistically up in your life is if you know your needs and just for the like the thirty seconds version we got there's many shows actually. If they go to Ladies Talk Show and click whatever they'll find, you know, a lot of shows in meeting your needs because it's so crucial to woman's own happiness.

But just the standing on one foot version is you take a notebook and you write down all of your needs, all of your wants, whatever you could write, pages and pages and pages and then you go out, get some coffee, sit down and go back with the marker and cross out all of the ones that aren't as important, the ones, the things that are very superficial.

Yael Trusch: Right.

Leah Richeimer: The things that are, you know, okay, you know what? It was nice to write it down, it's good to get it out of your head and onto the paper because that helps teach you how much stuff is rattling around in your head and why your husband – if I were to stop any husband on the street and say, is your wife happy with you? Most – 99% of them will say, well, I guess sometimes, not all the time, you know, whatever, right?

So the reason that's the case is because you are piling him with wants and needs. If you had a few needs, he would have the satisfaction of meeting them and you would be content, finally, for the first time perhaps in your married life of just feeling – I got my needs met. I'm letting go of a lot of stuff that are just stupid and less important to me for these crucial ones. That's the take on that.

Yael Trusch: Because the truth it's like my husband always says, the husband really just wants to please his wife.

Leah Richeimer: Yeah.

Yael Trusch: We have to just communicate a little bit better maybe.

Leah Richeimer: Yeah, no, it's right. It's the... you're a hundred percent. It's really true that's what they want and they'll do whatever they possibly can but we've given him such mixed messages and frankly, to think about wants versus needs, needs are really core to your own self; wants are more changing like you want... you can want to shade and want to shade and then you get it and then you want a different shade, what different shade you don't know, like you want are so crazy and –

Yael Trusch: And this conversation, sorry to cut you off, but it's very important especially in this day and age, Leah, where we're so hyper, in tune with what everybody else has between Instagram and Facebook and the latest remodel of the other ones kitchen and the latest shade Don the wig and the latest whatever, right?

Leah Richeimer: Yeah.

Yael Trusch: That we kind of forget to introspect and really focus on our lives and you know what our core values are and what our real needs are because there's so many distractions of what everybody else has out here.

Leah Richeimer: It's true and I'll tell you, in Mishlei in Chapter Three, it goes over – is it three? It might be four, two or three or four – anyway I think it's three but whatever, that he goes into extensively how are we

supposed to do that introspection every day – For, you know, it's supposed to be thinking about its – hold on just grabbing my sitter so I can pull out exactly because I wrote it in here of what the work is that we're meant to be doing because it's so crucial and I'm sure I don't do write it, I'm doing it a while but it's very, very hard. I took that in chapter three of Mishlei and I wrote down, I studied actually several – I've gone through it many, many times but what is the correct Torah path? And number two, do your deeds follow that path?

So I made that into a little sticky note and I put it in my seder, when I do – after I do my blessing, my morning blessings I actually take time and hope to get better at it maybe in ten years we can talk again and I can ... I could – but my... the opening gambit of it is at least I'm setting aside time to attempt to introspect.

Yael Trusch: Right.

Leah Richeimer: And I consider myself on the scale of introspection, I do a lot. Like after I say something to somebody like ooh... maybe I'm so... I'm obsessive-compulsive, I don't know but afterwards I'd sit there I'd think, ooh, should I have said it that way and what if they thought this and whatever so but I think setting aside time, if anyone can take that on as a project, it's not an easy project but the... what you're saying is absolutely correct, that you know for instance, in this needs and wants issue, if a woman just did that her whole life could completely shift for the better.

Yael Trusch: A hundred percent!

Leah Richeimer: Just that one thing!

Yael Trusch: A hundred percent.

Leah Richeimer: And I tell you another area that's very woefully... it's such an ease... it's not easy, maybe hard to do but such a simple fix compared to a... the imagined aggravation and that is I find most women feel that they're not appreciated enough. They just not... they don't get the appreciation they need and so if they got the appre – if a woman gets appreciation, she can sit there and make kugels 'til three o'clock in the

morning. She doesn't care, they're being appreciated she – but if she's not appreciated every sock she folds becomes –

Yael Trusch: She'll resent it.

Leah Richeimer: She'll resent it, that's exactly right. Everything she does becomes like, ahh, nobody cares, nobody whatever so this is a huge, huge problem. I don't think I've ever met a woman who didn't feel not unappreciated enough by everybody and her husband in particular and the most and her kids and everybody in her life but the issue is, there's a very simple fix and that is to solicit the appreciation that you need and this is... there's a lot to be said here and there's a lot, you know, I can go on and on and on about how to do that, I have a whole new chapter on it and actually they can click on Ladies Talk Show, too, I have classes on it but the issue is that getting the appreciation you need – it's very funny. Why would Hashem give – make a woman a bottomless pit of needing appreciation? And marry her to a man who's incapable of giving her the amount of appreciation and the quantity and quality she absolutely desperately needs? It's kind of what is this, a common, a joke from Hashem? So I don't know the answer to that. The Hashem says that a husband and wife connect through communication and so maybe this is how a woman communicates but just for your listeners out there, here is a thing that can turn your life around starting this moment.

Yael Trusch: Let's hear it.

Leah Richeimer: Okay, that is if you prompt appreciation from your husband and women are very reluctant to do this, but if you can –

Yael Trusch: Prompt is the operating word, not yell not scream.

Leah Richeimer: Right, exactly. If you come – so you're sitting at the table and you say, isn't the soup delicious, dear – and he says, yes. Don't ask him, how was the soup, dear? He'd say, oh, it needs more salt, or you need some onion powder or you need whatever – no, this isn't culinary advice, thank you very much, thank you for sharing not today, isn't the soup delicious dear, okay? Now, he is going to say, yes. Now... honest truth is it

better for him to sit there and you say nothing and from saying – Wow! The soup's really delicious, dear! That is what we call an A++ complement.

Get those maybe once a year, twice a month, whatever that you know, once every six months, once a month, twice a month, whatever. You're not getting those all the time and meanwhile, everyday, the resentment builds.

Yael Trusch: You're right.

Leah Richeimer: When you say, isn't this soup delicious dear and he says yes that's a B maybe it's a B plus if he says it – oh, yes! it's a B+ complement but here's the thing. You're getting B plus complements everyday –

Yael Trusch: Right.

Leah Richeimer: Or ten times a day if you need them, all day long, whatever it is you're getting them all the time and –

Yael Trusch: But also, sorry to cut you off but aren't you helping him build up that muscle of kind of that sensitivity to recognize and therefore you will get to the A plus comments more often don't you think? Was that too naïve?

Leah Richeimer: Yeah, I'm sorry to break a very, very, sad news, but, no, they never learn. They never learn. And some of your listeners are probably thinking, my husband does it all the time – okay, he had a great mother who trained him fine, you're like –

Yael Trusch: I have to say my mother-in-law was great.

Leah Richeimer: Okay, that's great, but for the most part, even still, there's usually even the once whose husbands are terrific in appreciation, there's usually at least a small or significant gap between what the appreciation a woman needs and what her husband is capable of giving to her and the solution is that the first few times you do this, it might feel a little bit uncomfortable but once it gets rolling, you're walking right – women today are walking round with a appreciation bucket that is completely empty –

Yael Trusch: Empty.

Leah Richeimer: And – empty and they don't know why they're a kind of low level depressed or they go to the refrigerator and they need a box of ice cream, they don't know what's wrong with them and it's because the meter of their appreciation bucket is broken and they don't know how to fix it and I'm telling you this way, I've got thousands of women who have tried this, it's part of our mezuzah I have sources for it. It's to, actually prompt and then I'll give you one last trick for this – one is prompting like that, there's six tricks in there. Well, I'm just going to give you one more, it's called the ventriloquist. This one's going to sound corny and goofy but for the people who tried this and do this, it's gorgeous and here's how it is. You will spend three days cooking for Yante

Yael Trusch: Okay.

Leah Richeimer: Okay. Your husband is sitting there, and he says, oh, the meal was really good, thanks. You're like, ahh, excuse me? So that you, in your cutest ventriloquist voice, you know, ventriloquist is one of those puppets that the puppeteer, the ventriloquist make the puppet talk, so you in your cutest ventriloquist voice, you say, why dear, that was the most delicious dinner I ever had in my whole life! The soup was fantastic, please serve that apple kugel again, it's was... just divine and also by the way, you look fantastic tonight.

And the husband gets a big crack of smile on his face, he laughs and sweet smile at you because, yeah, yeah! That's exactly what I meant to say! Yet some husbands this will annoy and some husbands it will be such a relief for them to be able to know exactly what you want to hear, so again, that's another tool.

Some of these are a little corny. Again, taken as a whole, what we're training ourselves to be? If we had to say, if you said, Leah, what on one foot, what is the Mezurah What from Har Sinani when the Torah was given, what is the one thing standing on one foot is our Mezuzah for Shalom Bayit, for Peace in the Home and that would be the husband is the giver and the wife is the receiver –

Yael Trusch: Is the receiver, hmm.

Leah Richeimer: And the little techniques that I'm saying, some of them will sit well – again, all of these, you try this at home, you try it once and you throw away the ones that don't work, the ones that work your whole life will be different because you will be teaching your husband to give to you and you will be teaching yourself to be a bigger receiver and the bigger a receiver you are the more blessing God can send to your family.

Yael Trusch: I love it, Leah, but I have one comment about this and indulge me here a little bit.

Leah Richeimer: Sure!

Yael Trusch: Something that came to mind as you were speaking. I love these techniques but I kept thinking in the back of my head, there's also that, there's also a part of me that thinks, one minute, why is it always have to be personal? Like why can't we have also our buckets full with other things? Obviously, we have to work on our marriages and all that, I'm not denying that but like our state of being and mind depending – our contentment depending all the time on our husband's acknowledgment over dinner or lack of acknowledgement, I think there's work to do there, ladies, like we have to also – we're multifaceted human beings like maybe we need to be engaged in other things that fill our lives, too. No? Is this like a little bit controversial?

Leah Richeimer: Right, yes, so it's good. It's a very, very – it is a very big topic but I will try and cover what we can here in terms of it's a very good question. The... we always turn to our sources in times like this, like, oh, what's the answer there? And our sources actually bare out, if you take a look the first time a woman is mentioned in the Torah, it says, we're an eizer kenegdo, and that's helpmate opposite our husband, that's how we're identified.

Now, this is not politically correct, I mean, I'm going to get people's you know, but here's the thing, we are not looking at this as in, okay, we're a subservient server to our husband, that's the mistake. That's where the

feminist movement had a big error – they're thinking, it's separate but equal, whatever the – I don't even know, I'm not an expert in feminism so I don't even know so I maybe even stating it wrong so forgive me that, but in terms of what a... what our Mezuzah is, what our tradition is, is that there are many sources to talk about how a wife's yearning is for her husband, appreciation from her husband, looking for that, and I don't think the other things are in any way contradictory to that. I think they go hand in hand, I think if I only was sitting there watching, waiting, watching out the window for Mayer's when to come home, and you know, whatever – I think I'd be very unfulfilled, you know –

Yael Trusch: Right, right.

Leah Richeimer: In terms of my other aspects to me, but to deny that my core self, that core part of me wants to be close to my husband, that the core part of me wants his approval and wants him to be happy and satisfied with me, I think that's an error. And I think that once a woman starts focusing on it, especially if her husband is not – if they've got challenges in their marriage and they're like, wait a minute – he can't even like he can't even pay the bills on time. He... doesn't know how to clean the dishes, he doesn't know how to, you know, I asked him to take the trash out to the curb and he doesn't put it down on the curb, he leaves it on the sidewalk. He can't do anything. I'm supposed to be trying to get his approval, I don't even... really, I can't even look up to him, I can't even respect him!

Yael Trusch: Oy!

Leah Richeimer: Are you crazy? Very hard. So the key here is that we are taught that respect is granted never earned and if you grant your husband that respect and respect even despite that okay, he can't do... he can't bring the garbage out properly. But you know what? He handled our seven year old so well they're having a tantrum and he – there are things he does, believe me, that you just stand –

Yael Trusch: Exactly.

LEAH RICHEIMER: In awe at, okay? Respecting for those things and the other thing's okay, so who am I to be the same or but not you know, but the point is that to answer your question is that the taking a stance that our husband, our relationship with our husband is the core and everything else flows from that, gives us the power to make changes in our relationship.

If we feel like whatever, this I tried, this I tried that nothing works, then you want to throw your hands up and then of course get into scrap booking or a worker, become a nurse or I don't know – I don't... we do something that engages you fully because you're not getting satisfaction from your marriage, that's not the best answer, the best answer is to work on the marriage and then the other – so much blessing will come into your house and all the other staff will be filled as well. But it's a very your house will be filled as well but it's a very ...

YAEL TRUSCH: I really like that, yes! I hear what you're saying, yeah, and it goes back to your initial point of how you started this. This is the priority, this is the core and everything flows from there.

LEAH RICHEIMER: Yeah.

YAEL TRUSCH: I love it. This is such important work. So let's get to that Ladies Talk Show. How did this come about? This like, it's been called a spiritual growth class in stilettos; it's like a fun show. Tell us about this show?

LEAH RICHEIMER: Oh, thank you very much. So it's really, it's kind of a wild thing is that when I was teaching, because I – when I came to podcast it was an evolution. So I started teaching The Ladies Talk show to group of people and it's basically I give out one thing and then everybody screams, you know? It's a very different podcast, it's not me talking just giving a lecture and it's not me interviewing somebody or there's a million different things.

This is actually we – it's very complicated actually, it took it quite some time to get it down but it's me, I sat at the table with a microphone and then there's eight microphones around the room with a live studio audience

sitting there and there's regulars who comes every week and then there are drop in who comes sometimes and then people who we never saw before show up, so it's kind of free for all here in Los Angeles and so they come and they sit, and the microphones are there and I will bring up a topic which is also a teleconference so people can call in if they have flip phones or if they just want to be asked a question on the phone, they call in and it's live, everything's live. It's on Facebook live on YouTube live and on Instagram live. I'm not sure about YouTube, I think so, I can't remember.

But anyway, it's whatever, it's all those places and on our website, which is ladiestalkshow.com. Anyway, the point of it is that it's... people will pose a question about our sources and then rapidly saying hey, you should, everybody should that our sources say that you should try and support your husband in everything he does and then everyone has to go home and scratch their head. One of the women says to me – What do you mean support him at everything he does? He should just support me in everything I do. You expect me to support him when he wants to buy a stupid car? He should buy the better make of car and blah, blah and everybody yells at the same time. Half the show I spend saying, okay, one at a time, one at a time. And it's just so much fun and so I'm –

Yael Trusch: Do they let you talk?

Leah Richeimer: Yeah, they don't let me talk! Yeah, no, they do. It's a combination of what our sources say and what people's reaction to them, so it's a whole lot of fun. And so, after I was doing that live, then we put all these microphones around and now it's just awesome. I just like you just love being in the room and people who hear it, they're like it's so sticky, so juicy like I can't just get enough and people do binge watching of it like I just got an email yesterday from some woman who said, I just heard about you yesterday and I've already listened to almost every one of your shows; you are so –

Yael Trusch: I love it!

LEAH RICHEIMER: It's really fun, it's kind of a bit – a crash course in our Mezurah in our Shalom Bayit and then it's a lot of fun. It's a fun way to learn a very deep and spiritual and important thing, it's a fun way to learn it.

Teaching a class with a live audience that reacts to that class so –

Yael Trusch: That's so cool.

LEAH RICHEIMER: If the audience... if the person who's listening on the podcaster on a teleconference, if I'm sitting there saying – You should... let's try the homework of not interrupting your husband. So, she's sitting there thinking, oh, my goodness! Why should I do that? So, someone in the class will say – Leah, why should I do that? Then I'll say, we'll try it. What I'm saying, they are a voice to the listener and that makes it very, very powerful. It's not just a –

Yael Trusch: Very, very cool! So how many ladies show up every week on average?

LEAH RICHEIMER: So, it varies a lot, it's very strange. After Yante we get like five people but then the week after that I'll have twenty-five, so I would say typically it's I think twenty-five is probably the most we ever had cuz we don't advertise it so much the live audience. The listeners are hundreds of people listen on online and after the show also, but we don't advertise in person the thing, so it's about I think you know somewhere between ten and eighteen every week something like that.

Yael Trusch: Okay, well now I know what to do on my next visit to L.A. Stop –

LEAH RICHEIMER: There you go!

Yael Trusch: The Ladies Talk Show – live!

LEAH RICHEIMER: I would love it! Yeah, I would really, really would love it. You are so wonderful.

Yael Trusch: And grab that mic along with you, how fun.

LEAH RICHEIMER: Yeah, that's – yeah, it's a – everybody – they do, they grab the mic and we don't have them on camera which is a little disappointing, but they don't... this way they can really talk. We tried, we're stringent about lashon hara. People shouldn't say anything bad about their husbands except for my co-host Sarit who... she is... has a hector to say anything because her husband allows, we went to many Rabbi to ask so she sometimes talks about her husband but everybody else.

You're allowed to say, you know, my husband... you can't say, my husband left his, all his firm, all his books on the dining room table. That's lashon hara, the gossip about your husband, but you can say, my husband had a habit that drove me crazy and this week I didn't yell at him about it, I asked him nicely or whatever something like that.

It's very... we try to be very careful about it and then your listeners can feel free to call in. They... it is a teleconference they can ask questions live or they can go to my website and they can post questions there. I got a lot of emails every week of people saying here's the situation with my marriage, can you help me with this? They set up a private meeting or they asked it on the show and then people I can answer it right there and go back and forth that way or they can send me an email with the question. So again, we are trying to change Goy Israel to focus on marriage, one marriage at a time and that's what we are trying to accomplish here and I'm so grateful to you for having me and for sharing yourself with us and sharing us with your audience and I just –

Yael Trusch: Are you kidding me? This is such an important topic, I'm so happy we're doing this, this is phenomenal. So, Leah, where there clues along the way that you might end up doing this kind of work or I think you told me before that you studied Economics, just like me.

LEAH RICHEIMER: Hmm, that's so funny, yeah, it's so funny. Well, I – actually, very early in our marriage, my husband went back to school and I said to him, he's like, oh why does you have to go to work, I'm like I started crying and I really did and I said how about if I stay home and write a book and he's like, really, okay, and so I did and that... and so I was able to stay

home with my... I was pregnant at that time with my newborn baby and subsequently with every kid I wrote another book or whatever and –

Yael Trusch: Oh!

Leah Richeimer: Again, yeah... so that's kind of how I got into the whole thing but I also for – you know I was always one of those people who people came and asked advice from, I'm not sure why?

Yael Trusch: I know.

Leah Richeimer: Yeah, it's just like and so I really felt like if I'm going to advise people I better know my stuff and so I just started getting every book on marriage, every Torah book on marriage and relationships and frankly I didn't find them all in one place so that's what gave me the idea to write Marriage Secrets, is to put them on one fast, easy, read that you know. And also I wrote the book in a way so that people could... in other words they already paid for the book so if they read it five times they get much more bang for their buck and so it's really for a review to read it again and again because and it's a fun read so hopefully, hopefully that's -

Yael Trusch: I love it. I'm going to have to get my hands on that book. I'm going to love it. Okay, so Leah, I want to get a little bit personal. What – can you show with us you're been married already for a number of years per-Hashem, what's been the biggest area of growth in your own marriage? Something that you've had to work on, that you struggled with hopefully you've conquered?

Leah Richeimer: My personal biggest obstacle to Shalom was even before I got married was it flaring up like when I got upset I just that's it like I'm not... I don't know whether it was anger issues although I'm sure it was but I don't know whether it was like a horrible anger issues but I did have like I let it rip, I didn't have any idea in my head that I needed to manage that and grow that and I remember this is before I got married I had been taught to drive by a woman who basically drove along screaming at every driver like –Yeah, just screaming at the top of her lungs window up, window down didn't matter, screaming – no, you idiot! And bubble you know,

whatever. I thought that's how you drove so I would drive along and be screaming, oh, I can't believe they did that, no they cut me off, and... no, way! Watch where you're going! And you know whatever like that and one time I'm driving along and I'm thinking, oh, my goodness, one day I'm going to have a kid in the backseat, am I the kind of mommy that I'm going to want my kid to have? And that was the start of the process of working on my anger and it was not easy, let me tell you.

I... it turned into eventually I was better at the anger and when my husband upset me or did something and then I turned into pouting which is another level, the one step better but still not so great like what's wrong? Nothing. What's wrong dear? Nothing, nothing... nothing's wrong. And eventually I grew myself over time, over time. You... I have this whole section on how to manage your anger which is a lot. I'm just going to be standing on one foot is taking, pretending you're a bird and flying outside of yourself and watching yourself like, really? Do I really want to be behaving that way? And there's a lot more to it than that but that's just sort of a like –

YAEL TRUSCH: I love that visual.

LEAH RICHEIMER: Yeah, yeah. And that really helps you to work on your anger, that's how I did that, and I mean thank God. My husband has unbelievable patience that he was able to just put up with my gross in that area because it took me time. It took time.

YAEL TRUSCH: Leah, I like to wrap up my show with what I call JLP fill in the blanks. I coronate all my guests with these little questions, they're a fill in the blanks so I'm going to give you a statement and you just finish it with the first thing that comes to mind, okay?

LEAH RICHEIMER: Already, I'm there.

YAEL TRUSCH: Okay, I'm Leah Richeimer and I feel most spiritual when?

LEAH RICHEIMER: Oh, that's good. Probably davening, praying.

YAEL TRUSCH: Oh

LEAH RICHEIMER: But also the Shabbos table like sometimes, not sometimes, probably not every Shabbos I guess but a lot of Shabbos' I'll sitting at the Shabbos table with either just my family or with a lot of guest or what if you get, whatever, and I would sit like, how did I land up here God? God, what did I do to deserve to be at this Shabbos table? So I guess I yeah, well between those, when I guess is very personal connection with Hashem and then the other is just feeling the blessing that is in my life.

Yael Trusch: Yeah, I thought the Shabbos table is so special and I feel like sometimes I feel like I'm connecting to people and I say thank you God because the truth is we might not have gotten the chance to connect with these people, you know? They might be from totally different circles, different careers, different walks of life, and it had it not been for Shabbos, for Shabbos invitation I would have been deprived of that connection, right?

LEAH RICHEIMER: Wow, that's exactly true, it is. And I feel like God hand picks who I need to have that week so even people cancel and I'm upset or this happens or whatever, you know, that I feel like everything is be shared and then whoever is sitting there is like handpicked from God, that's what I needed to hear at this moment, that's what I need to feel, it's this... yeah, it's very good feeling.

Yael Trusch: Yes, yes, yes.

LEAH RICHEIMER: Yeah.

Yael Trusch: My favorite mitzvah or one I connect with the most is?

LEAH RICHEIMER: Wow, so I mean the obvious, the answer is Shalom Bayit, thank you very much. But about twenty years ago or so, maybe twenty five years, a long quite awhile like Rabbi said that every Jew has one mitzvah that is kind of their calling card, like kind of like speaks to them more in a deeper method in a deeper way and my husband and I discussed, okay, what is that for us and we really decided to have classes often to have, guest, that that is something like we could pour our whole hearts and souls into a... feeding them and taking care of them and hosting

them, having a lot of people interacting and so we really... we really did that for many, many years.

And as my kids got older and I had less help at the table, it became harder and at the same time was when I started this whole marriage campaign which is my non-profit organization for making Shalom Bayit, making marriage the number one priority in our lives to really basically did given aliyah, of raising up of the whole world and so they kind of dovetailed into each other very nicely.

But the bottom line is, I guess it would be near and dear to my heart would be Shalom Bayit but what I've been actively be doing for the last... for many more decades is - although I have to say, Shalom Bayit, that's a global Shalom Bayit for my own Shalom Bayit I have worked very, very hard in my life for you know since the beginnings of our marriage that of making it the number one priority in my life. My husband making my marriage, children are secondary, you know, everything else is secondary focusing on that and so I don't know if I answered your question because I came to –

Yael Trusch: You know what? It's so beautiful and I don't know if you've realized the direct connection. I want to tell you a story that I once heard. I forget... God forbid – God forbid me that I don't know the person to give credit to but I heard from a Rabbi, a visiting Rabbi who came to town and he was saying a story about how a couple came to... I don't remember if it was to him or his mother who's a therapist or whatever with Shalom Bayit problems, okay? And the therapist looked at them and said, I want you – well, the kids weren't getting along, the parents weren't getting along, it was just a little bit they're... everybody was going through a rough patch at home. So the therapist looked at them and said, I want you to have guests next Shabbos, and they looked at him and they said, have you not been listening to us in the last thirty minutes? The, bickering doesn't end like the kids are all in each other's throats, we're fighting, there's no way we're letting in a guest at our Shabbos table and she said, I've listened very careful, you're have – very carefully you're having guests next Shabbos

and lo and behold the instructions where something like for every week for the next four weeks you had to have guests, right?

LEAH RICHEIMER: Fine.

Yael Trusch: So they came back and what happened? The Shalom had started to return in the home, why? What happens when you have guests? Everybody starts focusing on the guests and in giving which is a key component in peace and happiness.

LEAH RICHEIMER: Wow.

Yael Trusch: We're giving, we're not taking, we're not thinking about what my sibling pulled the chair for me and this one and that one, so people always tell me, oh, because they're in their best behavior but why are we in our best behavior? Because we are giving to others and the minute we're giving, we get to that place where we're all in sync with that hesed and the shalom returns to the home. Isn't that great?

LEAH RICHEIMER: Oh, my, gosh! I love that. It so dovetails with my life.

Yael Trusch: Yes!

LEAH RICHEIMER: So amazing. I love that story, thank you very much for sharing.

Yael Trusch: Alright. My fondest sweetest Jewish memory is?

LEAH RICHEIMER: Well, let's see. I mean the first thing that comes to mind is obviously Purim.

Yael Trusch: Really?

LEAH RICHEIMER: Because it's like such a happy, yeah! I mean, it's just... I remember the... sitting at the shul with like all my kids on that, you know, two or three on my lap listening to Megillah. I'm holding a wand, I'm holding a groger, I'm holding a... you know, whatever and I'm just like, this is just the sweet, sweet, sweet... This is so sweet, you know?

Yael Trusch: Yeah.

LEAH RICHEIMER: So I think that's probably one of my fondest memories of Jewish life. I mean everything, all told, there isn't 's a moment that you're not living, breathing, the joy of your work, keeping cautious, your spiritual level is elevated, so many mitzvah we do bring joy and happiness but that one in particular just you could... I could taste it, you know?

Yael TRUSCH: Yeah, I love it. Something I wished I had learned about Judaism growing up is?

LEAH RICHEIMER: Oh, wow! I wished I knew how sweet it was. To me from the outside looking in, it looked like a bunch of automatons who didn't have brains of their own, who just... you know? Like step for the wives, just going about their business and like, oh, my, gosh. No creativity, where they're going to just kind of do everything everybody else does. And they're following a book and I didn't realize how much self-expression would be in... you'd be allowed to do and how much... how fulfilling it would be and how sweet it would taste. I just never knew, you know? So I guess that would be it.

Yael TRUSCH: Yeah when. I give Tzedakah, I like to give to?

LEAH RICHEIMER: Baruch Hashem, we do give a lot of them place but my husband makes the most of the choices of where we give them and obviously if I say we have to do this he would that it is fine but that's kind of his department but there's one Tzedakah that I give that is totally, I'm sure, I get no credit in Shamayim for giving because I enjoy it so thoroughly and that is when the little kids come up our street collecting – they knocked in the door and they have these scratchers and they're trying to collect for their school – And or Tomchei Shabbos, you know, something for people so they have food for Shabbos, they're collecting for different things and just you know I over give. Whatever, like if they're all trying to collect it, if they get three prizes, if they ever get –

Yael TRUSCH: Right, right! Either for line live line or for friendship circle or Tomchei Shabbos, it is these things, they're so cute.

LEAH RICHEIMER: Yeah, yeah! But they get, if they get a certain dollar amount then if they collect \$20 they get a little shoelace –

Yael Trusch: Yeah, yeah.

LEAH RICHEIMER: If they collect \$40 they'll give a pen with a whatever, so you know, they're always totally embarrassed and totally whatever and I always give this really nice donation just because it's so it I just sometimes I close the door and I open a little window I have in my door and I watch them look down and open the check and jack up in the air, like jump, like jump!

Yael Trusch: Yes, here comes the helicopter.

LEAH RICHEIMER: Yeah and I'm telling you, it is... they're just like, oh, and then they go racing off and then they'll tell all the other kids and they'll come knocking one at a time at my door. Anyway, that's really, really self-serving and selfish. I'm supposed to say I'm very holy and whatever but I just answered your question as honestly as I can. It's, that's the thing that makes a, you know, put the bags on my step, because there's a lot in it for me, you know?

Yael Trusch: Yeah, I love it. Finally, I'm Leah Richeimer and today I'm most grateful for?

LEAH RICHEIMER: My husband.

Yael Trusch: How beautiful.

LEAH RICHEIMER: My husband, yeah, My husband, he's unbelievable. What – you know, a guy never knows they walk in the door they never know what they're going to find with their wife [is happy the wife 01:04:48] and they're just a rock, you know, in the most part I guess there's other husbands who have whatever but I just feel like I just feel like the luckiest girl in the whole planet earth that I... yeah. You know I worked at it, I know that, but I also know I got a real man, so, yeah.

Yael Trusch: May you have many, many happy and healthy years together, Leah.

LEAH RICHEIMER: Amelia, amen! And I'd like to give a Bracha to your listeners that they should have Shalom Bayit, that they with everybody whether it's their husband or anybody in their life, if they're single that they should feel closer to their family members and their friends and that we should all feel Hashem's presence all day everyday and all night every night and share blessing in our life every moment.

YAEL TRUSCH: Amen! What an incredible Bracha. Leah Richeimer, thank you for being on the show. Tell us again where we can find you to get more of your wisdom in our lives?

LEAH RICHEIMER: Thank you, so it's www.ladiestalkshow.com or they can look me up on Facebook or on YouTube, Leah Richiemer and there's lot of videos there, a ton of videos there like people who do these binge watching and you get up to speed. They also can find my book, Marriage Secrets at www.archworld.com or www.amazon.com or any of the book stores. It's called Marriage Secret and it's 220 Torah sources all packed into one thorough book with its hopefully very enjoyable. Oh, it's such an easy read and you know, it's a very hard topic to talk about trying to improve ourselves and maximizing our potential and being the best people we can be and hopefully it's done in a easy way and it's called Marriage Secrets and I'm so grateful to you, I'm a big fan and I'm so happy to be invited on your show and I love the questions. It was... its really, really an enjoyable interview.

YAEL TRUSCH: Thank you Leah Richeimer. I'll have to come visit you in LA and in the meantime we're going to put all those things on the show notes.

LEAH RICHEIMER: Oh, that's great. Thank you, that's very kind of you.

[Theme Music]

YAEL TRUSCH: Thanks to Leah Richeimer for stopping by. You can catch Leah's podcast The Ladies Talk Show at the www.ladiestalkshow.com or wherever you find your podcast. Leah's latest book is of course, Marriage Secrets, it's a woman's guide to making your marriage even better. If you

love this episode, please take a few seconds on iTunes and leave a rating that is one of the best ways to ensure that others will get to know the show as iTunes will take note of your ratings and recommend the show to women looking for great Jewish content.

No kidding! I've had many listeners told me that this is how they found the show which makes me very happy and of course the second best way is to hit the share button on your podcast app or on the shows webpage if that's where you're downloading the show from, but most likely you're downloading it on your phone so it's very easy to just share and pass the love along to a friend.

This week I want to take the opportunity to thank you for my... you're my terrific audience, so I'm very grateful to you. I love producing the show. It's really one of the highlights of my week and I wouldn't be here without you, so thank you. Thank you for being here, thank you for the support, thank you for all the emails, the ratings, the reviews, the recommendations for guests and all the conversation.

How I want to wish you all also a beautiful Thanksgiving and remember that as Jewish women, we have the opportunity to practice gratitude every single day, multiple times a day, so let's use it.

Have a great Thanksgiving and a beautiful week everyone.

[Theme Music]

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