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Rihab Al-Rassam Al-Arabi is the author of a blog that details her personal experiences as a Muslim woman. With topics ranging from personal to cultural, this blog will help you understand the worlds of Muslims and women better. It's a great source of information for those who want a more informed perspective on life. In this article, Rihab shares about her struggle with writer's block and gives some strategies for overcoming it or dealing with anxiety when writing. In addition to focusing on how to overcome writer's block, she also touches on other aspects including mental health and societies expectations for women in blogs posts like "What Happens When You Seek Help?" and "Society Expects Women To Lay Down". She ends up with a piece of writing about her views on gender roles and expectations in Saudi Arabia. She shares how she is considered a free thinking woman by most of society, but also how her family is not as accepting as she would like. She talks about the challenges she faces for her rights and freedoms as a woman which contrast with the tolerance and freedom that Western women have historically enjoyed. Rihab has named her blog "Al-Rassam Al-Arabi" or "The Arab Blog". Her first entry was on February 12, 2008. She has written almost exclusively about her personal experiences as a Muslim woman living in Saudi Arabia, however she also touches on cultures and issues related to the Arab world. Rihab's first post was on her blog's homepage of "Introducing Myself" where she shared her name and said there would be more posts to come. This is the only post that would not continue for all 9+ years of her blog's history. The next posts after that were of responses to the reactions she received from readers after posting that first post. Her most popular post so far has been "What Happens When You Seek Help?". The post goes over her experiences seeking help from psychologists and depression medication. It's a very well-written post as she takes the time to share her thoughts and feelings as well as the reasons why she went to seek help. "What Happens When You Seek Help?" - This blog post gives an insight into what happens when a woman seeks help from a psychologist or psychiatrist. In this blog post she said, "The title of this entry is a reference to a 'Hate Crime Prevention' poster displayed in Saudi Arabia which states "Don't hate people for happenings that took place in Egypt."" This entry was written on March 12, 2009, after another 5 years online at the time of writing. Rihab had been blogging for a little over a year at this point so she was still new to it. This post gives an interesting perspective on the popularity of blogging in western countries and how bloggers can sometimes not get the respect they deserve for their writing. Before the release of Facebook, blogs were all the rage, but Rihab warns that people can get carried away with being 'important' or being noticed. She states that in her experience, people usually mention your blog when they want something from you or if they want to debate with you for commenting on their life in some way (in this case she was commenting on how Saudi-Arabs were reacting to events happening with Muslims in Egypt).

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