

Daring to dream



According to Hollywood, the recipe for romance seems to be pretty straightforward: Girl meets boy—usually in some sort of quirky, adorably awkward situation—and they keep running into each other. Until Something Bad happens—a simple-but-not-so-simple misunderstanding. Eventually, our heroine is forced to admit that she’s actually fallen for him, realising that her frustrations are simply a result of her denying her feelings. This is inevitably followed by a grand gesture or heartfelt declaration of love, culminating in a fiercely romantic kiss. Alas, real life romance is rarely so simple (and neither is the movie version, in my opinion, since we never get to see what happens to them years after the end credits have stopped rolling). Despite the fact that we all know this, many of us ordinarily level-headed women (and men) still spend our lifetimes chasing this shiny dream.

Relationships and the issues they conjure up monopolise an enormous portion of our lives, and I don’t mean just the romantic kind. The intricacies of our liaisons with our friends, family, colleagues or even strangers dominate our days, filling up endless conversations, thoughts, and emotions day after day—we’ve even focused this issue on them!—whether it’s the good or the bad stuff we’re thinking or talking about. Most important, and the one many of us struggle with the most, is the relationship we have with ourselves. The truth is (or at least I think it is) that we’ll probably spend the rest of our lives working on that one, and that’s not necessarily a bad thing. It’s

how we develop into stronger, more confident people, and it’s the perils and sheer elation that love can bring that make us human. Last month, I was asked to host a themed dinner at Urban Bistro as part of their Hijack Our Kitchen event series. As an unabashed lover of fantasy, the theme I chose was magic: A little touch of *Harry Potter*, a little sprinkle of *Lord Of The Rings*, and a whole lot of delightful illusion. My love for fantasy stems from the same place as our fascination with the perfect happy-ending romance—in a world that can sometimes be really tough, it’s a delightful escape into a place where possibilities are endless and our only limit is our imagination. And is that a bad thing? Absolutely not. Sometimes, we need to allow ourselves a fanciful dream to make our everyday lives that little bit more poetic. And after all, what is love but real-life magic? As Roald Dahl said, “Those who don’t believe in magic will never find it.” Whatever it is your heart is after, I think even the most cynical of us can agree that chasing our passions is something we should never give up on. Have a magical month, and we’ll see you in March!

Yi-Hwa

YI-HWA HANNA
Editor-in-Chief
yihwa.hanna@itp.com

Follow me on Twitter and Instagram!
@yihwahanna

TIME FOR A CHANGE

IF YOU HAVE...

1 MINUTE

Sweep your makeup brush over your face in a circular pattern before doing the same to apply your makeup—it’ll calm your facial muscles. “Love The Skin You’re In,” p.37

3 MINUTES

Take a small chunk out of your day to express some gratitude to your guy for the sweet things he does: It’ll make your relationship stronger. “The #1 Way To Build A Better Bond,” p.93

5 MINUTES

Slick on some red lipstick and pull on a pair of your hottest heels before your next date: Studies show that men can’t resist the way they look. “Scoop: Relationships,” p.18

15 MINUTES

Grab your blender, some avocados and lime, and some milk, and whip up our recipe for Avocado-Lime Ice Cream—delicious and full of healthy fats. “La Dulce Veggie,” p.75

20 MINUTES

Try this simple 20-minute workout routine using weights heavy enough to challenge you every day at lunchtime for a week. It burns crazy calories and gives you fast results. “The No-Sweat Zone,” p.56

WHME ONLINE

WomensHealthME

@WomensHealthME

@WomensHealthME