

Embracing the grind



Head behind the scenes of our exclusive cover shoot with Fatma on Instagram!

I once saw this meme on the internet saying “The hottest thing a woman can have is her life together.” I’m inclined to agree. But before that might make you feel pressured into a so-called perfect life where nothing fazes you, let me first clarify—there is no one-size-fits-all definition of what it means to have your life in order. We often have this idea that by the time you hit your 30s, 40s, 50s and beyond, you’re meant to have your life sorted. After all, by this time you’re likely in an established place in your career, are living in a place that actually feels like a home, know how to cook a few real recipes that taste deceptively fancy, are taking care of your body, have a smaller but more genuine group of friends, and maybe even have children of your own. But do any of us really ever feel like we totally have everything “together”? It’s only human to doubt ourselves from time to time, and I think the reality is that no matter what stage of life we’re

in, we’re always trying to measure ourselves up to our peers and wondering whether we’re doing all of the things we’re “supposed” to be doing by that age. And the truth is that I think we are often our own harshest judges. In the same way nobody else notices the faults you see when you look in the mirror as much as you do, the little things that you struggle with in daily life are probably the same things that everyone else does—and that while you may, from time to time, feel as though you’re not quite where you’re supposed to be yet, you’re

probably doing a lot better than you think. The same way you look at your peers—that girl at the gym who makes staying fit look effortlessly easy, or your colleague who oozes confidence and nails any project she works on—is probably the same way someone else looks at you too. We all have insecurities and fears, but rather than measure ourselves up against what society expects of us to be considered successful, the person who should be setting that standard is yourself. After all, what is the definition of true success if it’s not to always live up to, and try to challenge and exceed, your own expectations of what you want out of your life, that makes you happy? That’s what our cover star—the inspirational Fatma Al Nabhani—tells herself, and boy has it worked for her. If that’s where you’re at, then give yourself a pat on the back, girl. If not, don’t beat yourself up over it—we all need a little help at times, which is why we’ve focused this issue on just that. Whether that’s getting into a shape that makes you feel great, making better food choices that work for you, or creating a happier and healthier work and home environment, we’re here for ya. See you in July!

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TIME FOR A CHANGE

IF YOU HAVE...

10 SECONDS

Trying to win at a game? Whether it’s tennis, chess or volleyball, stop right now and go with whatever choice your intuition is telling you before you over-think it. “Trust Your Gut or Obey Your Brain?” p.96

20 SECONDS

Lather up your mitts under running water with soap, scrubbing palms, between fingers and the backs: It’s the number one thing you can do to help prevent a cold. “Fight Off The Flu,” p.64

5 MINUTES

Rub some oil onto your hands then slather them with sunscreen or an anti-ageing cream to protect them from harsh summer A/C and keep ‘em young. “Mani Cures,” p.31

20 MINUTES

No time for a full midday break? Pop out for fresh air or a walk and different scenery for at least this long to boost your mood and fight fatigue. “Reboot Your Work Health,” p.93

1 HOUR

Grab a girlfriend and try out one of these fusion workouts for a fun and seriously effective way to amp your energy and get a killer physique, pronto. “2(X) The Results,” p.51

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