

# Together Magazine

OCTOBER 2019 #102

Luxury  
Florence

*Fashion  
Perfect  
romance*

Tamaris boots  
Stylish bathrooms  
Jaguar design technology

*Thailand sixth sense  
Books, Indian fashion  
Dining Vietnamese style  
Odemare*

## Personal development

Pink Ribbon  
Grace  
Guide to meditation  
Quantum healing  
Billionaire in the making  
Learning, earning  
Be successful  
Good vibrations  
Burnout

Chloe  
**Bennet**

Interview



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## Editor's LETTER

*Together:  
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to reach your dreams...*

## ON THE COVER



Chloe Bennet's voice is currently gracing *Abominable*

## THINGS OF AWFUL BEAUTY

We have an article in the coming issue, out in November, about the Northern Irish Game of Thrones (GoT) tapestry that has taken up residence just across the road from the stunning original in Bayeux, in Normandy.

The series is the most successful in the history of television - it's a bloody, terrible tale of war, of attrition. And death, its travelling companion. The people currently heading up governments across the world appear intent on resurrecting the 'war as first resort'. The lunatics have taken over the asylum, but there are hordes of others - howling at the moon - who put them there and will fight tooth and nail to keep them there, so that the mob can rule. Not a poor, unwashed kind of mob. A Netflix and sneakers, never-picked-up-a-book kind of mob.

Both tapestries are things of awful beauty, featuring delicate painting and embroidery applied to the finest textiles and expertly exhibited in dark environments, which will move you and give you the impression that you are under the sea. They are both also timely - the GoT tapestry is very recent - in that they vividly illustrate that our insatiable appetite for war and destruction hasn't changed an iota. I recall that in one of my previous editorials, I entitled it 'give peace a chance'. And that exhortation also hasn't changed one iota with the passage of time. Keep your eyes on the prize. Hold on.

**Paul Morris**

Editor



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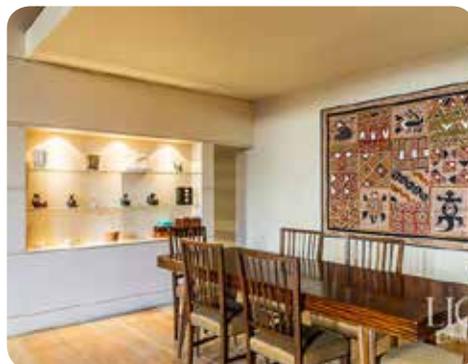


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Nathan-Baume

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magazine

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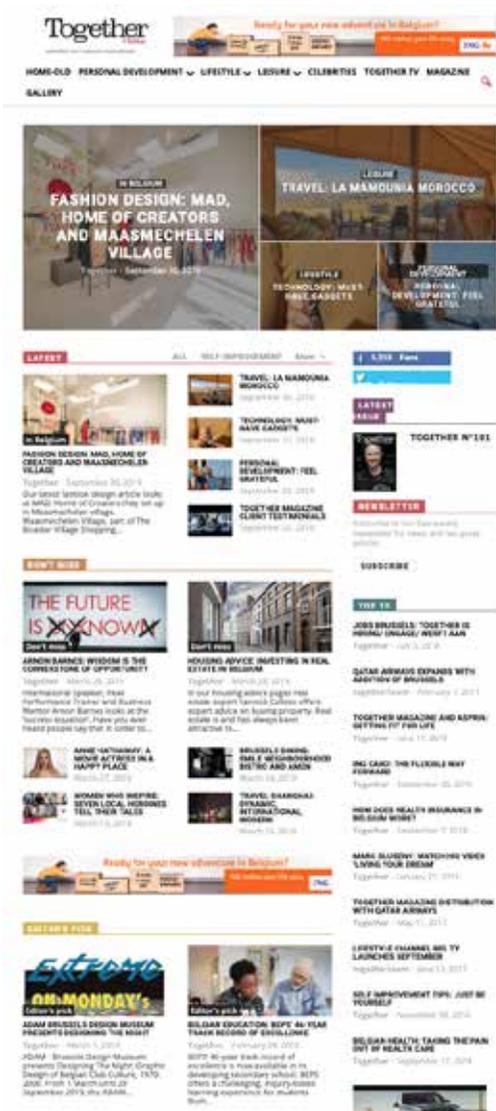
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If you want to make sure that you get your monthly printed magazine, it's best to subscribe to our special delivery service. And it couldn't be simpler – just send an email to the dedicated email address: [subscribe@togethermedia.eu](mailto:subscribe@togethermedia.eu). And happy reading!

## Health & Fitness: The Truth About Detox Diets

By the time you get to read this, the summer holidays will be a hazy memory of soft wines, warm, olive-scented evenings and romantic sunsets. Or the nightmare of three days on the autoroute, with nothing to eat except service-station sandwiches accompanied by the sound of bored children whose tablets have run out of charge. I have lined up some must-have gadgets to ease you back onto the treadmill.

## Personal Development: Feel Grateful

Practice gratitude... even when things don't go your way, says **Karen Northshield**. It's easy to be grateful when things go your way but difficult to show any sign of acknowledgment or feel grudge when they don't. But first of all, do you even acknowledge you're feeling gratitude when you are and should be? That's the first step. If you don't come to that realization, it's difficult then to move forward.

## Travel: Walled Off in Bethlehem

**Catherine Feore** went to Bethlehem to stay in some rather unusual accommodation – the Walled Off Hotel known locally as the 'Banksy Hotel' boasts "the worst view in the world". The hotel is right beside the wall that separates the occupied Palestinian Territories from Israel. When I asked a Jerusalem taxi driver to take me to Bethlehem in the West Bank, he said that he could only take me to the wall and then I would have to walk across and take another taxi. 📍

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# Starring in Belgium



## Johnny Irion and Sarah Guthrie

After two memorable visits in 2005 and 2011, aside his partner-in-life Sarah Guthrie, this American troubadour now comes to the AB Salon in duo with guitarist Wes Buckley. The many collaborations (Pete Seeger, Arlo Guthrie, Jeff Bridges, The Jayhawks and Wilco, amongst others), together with his solo work, are always proof of his great craftsmanship and they bring together the best of folk, Americana and country-rock. Irion is related to the legendary author John Steinbeck and Sarah Lee Guthrie is in turn the granddaughter of Woody and daughter of Arlo. **23 October.** Ancienne Belgique, Brussels. Tickets: **Free**, no reservation required [www.abconcerts.be](http://www.abconcerts.be)



## Lisa Stansfield

Lisa Stansfield arrives at the AB in Brussels to celebrate the thirty years of her first solo album *Affection*. "One of the best British soul voices of the last 30 years. *Classic Pop Magazine*. *Affection* is a multi-platinum album that has sold more than 5 million copies worldwide and won three BRIT Awards, two Ivor Novello Awards, a Silver Clef Award, an ASCAP Award, as well as, on the other side of the Atlantic, a Billboard Music Award, a World Music Award, and two Grammy nominations. Songs *All Around The World*, *What Did I Do To You?* and *Live Together* introduced to the general public Lisa's unique blend of soul, R&B and Brit-house. **November 4.** Ancienne Belgique, Brussels. Tickets: **€38** [www.abconcerts.be](http://www.abconcerts.be) 



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# October is in the pink!

Pink Ribbon continues battle against breast cancer

In Belgium, one in eight women develop breast cancer. And October is Breast Cancer Awareness month, a worldwide annual campaign, involving thousands of organizations, to highlight the importance of breast cancer awareness, education and research.



And, as part of the campaign, Pink Ribbon will be taking a leading role. Pink Ribbon is a key player which has, for the past 25 years, organized various activities such as Pink Monday and the distribution of pink ribbons, which are the symbols of the fight against breast cancer.

Important projects will be launched, thanks to the support of Pink Ribbon's partners, including Trenker Pharmaceutical Laboratories and their famous Alline Procap, which boosts beauty and hair growth, particularly following the hair loss and damage that are frequently synonymous with the medical treatments required for breast cancer.

For women, this is often a very difficult part of coping with breast cancer - this partnership exists to make sure that women retain their confidence in themselves by always feeling very beautiful.

Alline Procap is a food supplement, produced by Trenker Pharmaceutical Laboratories, based on natural keratin, 11 vitamins and 3 minerals. It helps maintain healthy, voluminous and shiny hair. It is the most complete hair complement containing keratin, the protein that makes up 95% of the hair to which it gives its structure and strength. The keratin contained in Alline

Procap comes from 100% natural French sheep's wool.

And Alline Procap is organizing activities within the company and in close collaboration with its partners to actively participate in supporting breast cancer prevention and screening for women.

As Nathalie, a Belgian resident, attests: "In September 2016, I learned that I had breast cancer and that I was going to have 16 sessions of chemotherapy and that I was going to lose all my hair. In April 2017 at the end of my treatment, my hair was very thin and without volume. I was pretty desperate. However, in November 2018, thanks to being a member of the Pink Ribbon Breast Cancer Organization, I was very fortunate to be able to test Trenker Laboratories Alline Procap, which I began using, and saw a clear improvement. My hair was much improved, and now, more than eight months later, I am finally satisfied with my look. I assure you, it is possible to have beautiful hair again - I highly recommend Alline Procap."  
[www.pink-ribbon.be](http://www.pink-ribbon.be)

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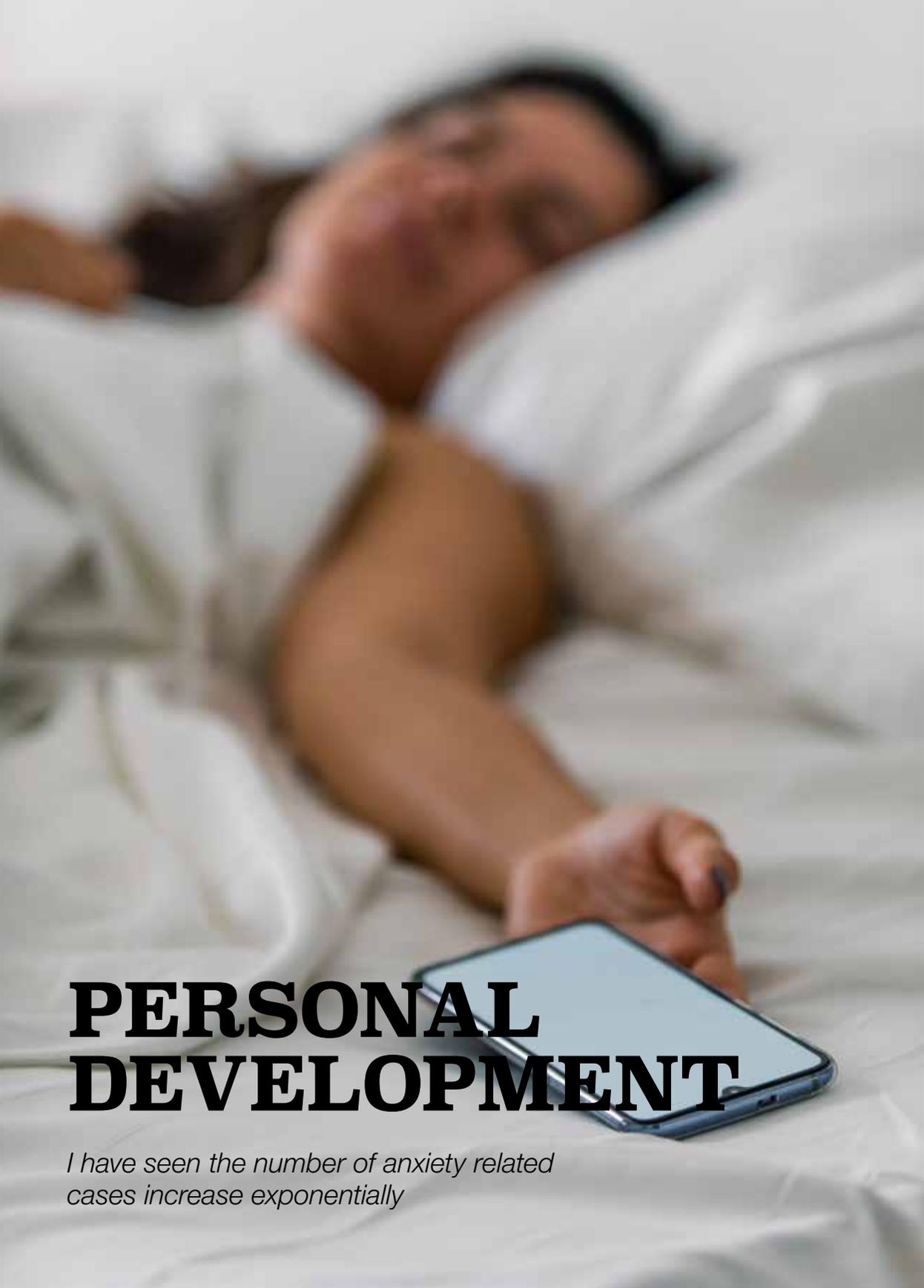
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# PERSONAL DEVELOPMENT

*I have seen the number of anxiety related cases increase exponentially*

# The quick-start guide to meditation

Aspria's **Maria Luisa Fissasegola** shares her expertise with regard to some new buzzwords



**“ IT’S ABOUT BEING TRULY PRESENT IN YOUR LIFE ”**

**T**he words ‘meditation’ and ‘mindfulness’ are cropping up with increasing regularity – but what does it all mean, should you be doing it... and how do you even start?

#### **What is meditation?**

There are many ideas about what meditation is. I would say it’s about being truly present in your life – about living in the here and now.



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Meditation – sometimes known as ‘mindfulness’ – is a path of awareness that comes from paying very conscious attention to the present moment, in a non-judgmental way. It’s a process of knowing one’s mind and the way it works, which in turn helps us get the most out of it.

Meditation is not a relaxation technique. It isn’t about sitting quietly and not thinking of anything.

### How do you meditate?

There are two types of practice: formal and informal.

Formal practice means engaging in daily practice for a certain period of time, whether that’s sitting meditation or walking meditation.

Informal practice means bringing the practice of consciousness into your day at any time of the day, spontaneously and naturally – for example, eating consciously or touching the ground you’re walking on.

Whichever form of meditation you choose to follow, it needs to be something you do regularly.

### What are the benefits of meditation?

Research has shown that meditation can improve our physical and mental health significantly. It not only lowers blood pressure, sharpens our attentiveness ability and lowers stress, but also boosts memory, increases the joy we find in our everyday life, and makes us more compassionate with

ourselves and with others.

As if that wasn’t enough, it also strengthens our immune system and makes us more resilient: research shows that practising

meditation has the ability to change the structure of the cerebral cortex to make those who practise less sensitive to pain. It can help in situations of depression and anxiety too.

If we practise regularly, we learn to be comfortable with everything that’s inside us

**“ INCREASES  
THE JOY WE  
FIND IN OUR  
EVERYDAY LIFE ”**



– pain, anger, irritation, guilt, joy, compassion, love and peace – without being overwhelmed.

**What are your meditation tips for beginners?**

Make a daily appointment with yourself. You can't meditate only when you have the time: you need to actively create space and time for yourself to meditate. Using a timer can help us measure meditation duration, indicating the beginning and end of the session.

Identify and devote a quiet place to your home or workplace where you can meditate. Relaxing music or sounds from nature aren't a necessity, but they can help cover other background noises and create an atmosphere that's conducive to meditation.

It's best to sit on a chair, meditation cushion or bench. Wear comfortable clothing – perhaps have something like a shawl to hand so you don't get cold. Feet should be bare. Find a comfortable position with a straight but not rigid back. You should aim for a fairly

good posture, but one that doesn't require effort to maintain as you want to feel calm.

Once settled:

- Close your eyes or simply lower your eyelids and look softly at a point on the floor in front of you.
- Start to focus on your breathing, breathing in and exhaling through the nostrils, but naturally and without forcing it.
- Observe the thoughts and images that arrive in your mind with a kind and loving attitude, and without passing judgement.

**“ WITHOUT PASSING JUDGEMENT ”**

Having a dedicated meditation app on your smartphone can be useful for beginners, as you can access short, guided meditations to help establish your practice.

Mind and body classes are available in the three Aspria clubs of Brussels.

Find out more on [www.aspria.com](http://www.aspria.com)



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Self-help

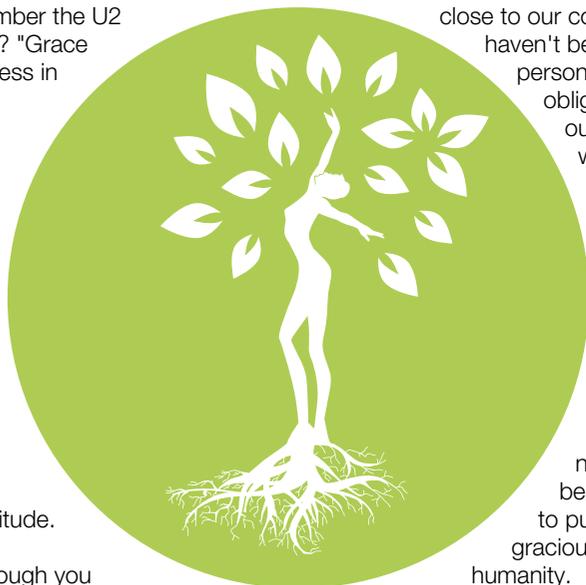
# Grace

Intuitive Healer **Katarina Winslow** reflects on grace

**D**o you remember the U2 song *Grace*? "Grace finds goodness in everything."

Isn't that just what grace is? To see the beauty in all of life's experiences in the toughest times and in the roughest moments. Grace means to receive more than you deserve, to be invincible and to be showered with abundance and gratitude. To receive love and forgiveness, even though you don't deserve it. It is to get what you least expect, a blessing from the divine source, or even a gift from an enemy - even though the very concept of enemies is a human construct to serve specific interests. When people behave like enemies of a sixteen-year-old girl, while she is risking her life, crossing the Atlantic Ocean to save our planet from destruction and climate disaster, well, what can I say...

As a Swede, and as a human being, I have to say that I am very proud of Greta Thunberg. It makes me think of my history teacher, who said more than thirty-five years ago that the world should be run by thirteen-year-olds. He argued that at that young age, we are still



close to our convictions and we haven't been corrupted yet by personal interests and obligations to provide for our families 'no matter what.' It is indeed ironic as the earth itself is the embodiment of grace and abundance. She has and holds more than we could ever ask for in our wildest imagination. The nourishment and the beauty of this earth are to put it simply, purely gracious for an ungrateful humanity.

Even though you may have avoided the hurricanes and the heat waves this summer, I believe most of us have not been able to put our blinders on to the fires scorching our earth. Being awake, we may all see that Nature needs to grace us in these times. Mother Nature is beginning to react and act differently. She just can't stand the destruction anymore, and she is showing us

the consequences in the same way as Greta is ringing the alarm bells. When I shared with my fellow

Swedes on Facebook that she received The Ambassador of Conscience Award 2019, I was shocked at how many people attacked this young girl, who has read up on the

**“ GRACE MEANS TO RECEIVE MORE THAN YOU DESERVE ”**

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science of the consequences of an unappreciative humanity.

Isn't it ironic that the most selfish humans on this planet think of themselves as the masters of the universe? When we think about it, we realise that we are just a speck of dust, each one of us independently, in the immensity of an unexplored universe, created and mastered by something more conscious than our egos. So, this is the moment when we need grace more than ever; we need to receive more than we have deserved. In the Swedish Facebook group, one man who verbally attacked Greta said that I will be so ashamed in ten years for standing with her and standing up for her in the battle that concerns us all. I'm convinced he'll be the one ashamed in ten years for attacking someone who could see and alert us to the state of our planet before it was too late. Before fires engulf our forests, and flooding and hurricanes tear up our homes. At this

**“ SHE JUST CAN'T STAND THE DESTRUCTION ANYMORE ”**

moment we need grace because we have certainly not deserved to live on this beautiful planet, abundantly luscious for all of us if we could just be humble and share with each other the bounty of life.

As if not enough, our food is becoming more artificial by the day. It might be a good thing to reflect on how power has destroyed the natural side of life. What is power really? One definition is 'the ability or capacity to do something or act in a particular way,' which is good in the sense of the power of speech if you have something beautiful to say. Or as

in the power of love, when you have a lot of love to give and an open heart to

receive. Or as in Eckhart Tolle's book *The Power of Now* the capacity to be truly present in life, to really live and be in the present moment.

When you think about it, life is always only now, and if you are not in the now at this



moment, you most likely won't be in the now when you get the car, the relationship, the promotion, or the mistress either. Or when you get the power. Each moment dies, and that moment never returns. If you're always waiting to live until you have that special thing you desire, it may well be that you end up living your life without never ever really being there. And before you die you will say, when I get to heaven, then I will... I don't believe anybody says, when I get to hell, then I will...

Anyway, it will all be too late then, at least till the next lifetime.

The second definition of power is 'the capacity or ability to direct or influence the behaviour of others or the course of events', which is also good if your heart is in the right place. But the backside to power is that the more powerful, the more selfish an individual becomes, empathy goes out the door, and most likely they step into a zone of overconfidence, creating a mess for others and the world.

**“ LIFE IS ALWAYS ONLY NOW ”**

This is so apparent that even if you shut the TV off and close your eyes, you may still see it. Or at least feel it as the perspiration from the heat soaks your body during sleepless nights in a non-air-conditioned room. That is the moment when we need to invite grace to our consciousness. Grace is always there, just look up at the sun and the stars. Or down at the earth below your feet or at the purifying water that washes our unconsciousness each day.

You will see that if you really open your eyes, that there is only the grace. Grace is the

nature of being fully alive and embracing the gift of living. Grace is the essence of Mother Earth; she gives everything even though we don't deserve it.

Grace is to know that we are all in this mess. Together.

And it is together that we will slaughter the dragons and cross the oceans to a new world order. ●

Self-help

# Quantum healing

**Sarbani Sen** delves into a spooky world where Physics and spirituality meet



**E**ver heard of Quantum Physics? It is a science that observes the interconnection of micro particles.

*Access Consciousness* blog describes it as: "The quintessential quantum effect is entanglement..."

Entanglement binds together individual particles into an indivisible whole. Even when entangled particles are far apart, they still behave as a single entity, leading to what Einstein called 'spooky action at a distance.'

The effects of quantum entanglements are starting to be observed in biology. They appear to govern photosynthesis, the

process by which plants generate food and energy from light and water. The theory that connection to the earth's magnetic field explains how birds know how and where to migrate has been disproved; the latest research is showing it can only be explained using quantum entanglements.

In his excellent documentary *The Black Whole*, Nassim Haremein, a renowned Israeli quantum physicist based in Hawaii, pictures this phenomena very clearly, describing what it means to be interconnected in a microcosmic and macrocosmic way and how far it all leads. You can watch it on Youtube.

## “ SPOOKY ACTION AT A DISTANCE ”



in his research on water particles, Japanese scientist Emoto has made another vivid demonstration of how sound affects the shape and formation of water crystals. In his experiments, the shape of the water molecules change according to the vibration and style of music, creating harmonious or disharmonious shapes.

Stephen Hawking of the University of Cambridge, says: "The relativity theory must give way to a deeper theory in which space and time do not exist." This is the basis of quantum healing. In this multi sensory, multi dimensional session you access the quantum

## “ CREATING HARMONIOUS OR DISHARMONIOUS SHAPES ”

field with an intention of creating wellbeing in your mental, emotional, spiritual, etheric and physical bodies. As time and space are interconnected in other dimensions, the quantum works in the here and now, transcending the weight and the heaviness of space and time. Healing is instantaneous once the particles in the body are released from old tensions, judgements, conclusions and points of views, or as Yogi Bhaijan calls them in Kundalini Yoga "subconscious blockages of mind forms". All the techniques that are used today work on the same concept: release our minds from the burden of rigid and limitative thought forms that were built in the past (of our lives or even lives of our forefathers as this translates into our genetic code).

Our physical world and spiritual bodies are made from and are surrounded by energy, in a harmonic way. So, working on disease is also working on blocked energies, allowing them to flow again and create a harmonious melodic field in the various bodies. ●

# The power of belief

International Speaker, Peak Performance Trainer and Business Mentor **Arnon Barnes** recommends an old-fashioned virtue



A few weeks ago, one of my business partners and a very good friend of mine, gave me a gift. He purchased a T-shirt with the writing 'Billionaire In The Making' on it. I tried it on, it fitted really well, and it also felt, emotionally, like 'the perfect fit'.

As some of you know I travel between Holland and the UK a lot because of my business buying and investing activities and interests. And at the end of this particular business trip, as always, I headed to the airport to catch my flight that would bring me home to Holland. Of course, I decided to

travel in my new T-shirt.

Without giving it too much thought, I wandered into the airport, headed through the fast lane at security and then upstairs to the restaurants. All the time wearing my new T-shirt.

And as I started walking through the airport, I could feel people giving me 'the look'. Have you ever seen or felt people giving you 'the look'? I'm sure you have. Well, I received a few of those. And it then occurred to me; it was because on my shirt and those big bold letters that were written on it, those crazy

## “ THIS IS ME AND THIS IS HAPPENING ”

words 'Billionaire In The Making'. The interesting thing that happened was that the more people looked at me, the prouder and more confident I felt. It was like me telling the world, unapologetically, that this is me and this is happening.

And then, seated at my table at the restaurant, I had a breakthrough moment; I believed!

Then when I was walking to my departure gate, I was brimming with confidence and inner belief. That's when I remembered the importance of this energetic vibration. You see, we have all experienced being put down, told crazy things like 'we are not good enough' or 'you can't do this' or 'you can't do that', but in reality it all boils down to our own beliefs.

And that's why, when I am coaching or training business owners that come to see me from all over the world, I always say to them "when you believe, you're already halfway there". When you wholeheartedly, unquestionably and undeniably believe that you will succeed you're already 50% there!

One of my most important pieces of advice to anyone in business and in life is to stop worrying about what other people think of you. Which by the way is one of the single



biggest reasons why most people (not you of course, but most people) never dare to dream big and play a big game. Most people are too concerned about what other people think of them or will say about

them. Just know that once you stop giving a shit about other people's opinions, that's the moment where you allow and welcome in true belief.

Trust me when I say: you will feel liberated the moment you stop caring about what other people think of you.

The funniest thing that actually came to my mind during that airport experience, was that when I was receiving the weird looks, it simply showed me those people's limitations, and their limiting belief in themselves, certainly not mine.

My point is, when someone says 'you can't do something' or 'you'll never achieve this or that' all they are really doing is sharing and showing you their limitations. So just smile, believe and make it happen!

Meet and work with Arnon Barnes live? Join one of his next upcoming events in Europe. For more information on the event, or coaching, contact his office via [info@arnonbarnes.com](mailto:info@arnonbarnes.com) or check out his website [www.arnonbarnes.com](http://www.arnonbarnes.com) 📍

# Learning equals earning

Reetika Gupta-Chaudhary looks at the real meaning of learning



**W**hat is the first thought that comes to mind when we think of the word 'learning'? I personally used to get images of a classroom. Learning was all about cramming lessons from the course books and eventually sitting for an exam.

But now learning to me means knowledge, knowledge that I pick up by the way of life's experiences. Knowledge that I can receive straight from the experts by attending their seminars or signing up for mentorship programmes.

Most people tend to think that learning is a process that ends with the end of our formal

education at a school/college/university. Over time, I have come to realize that learning is an ongoing process, that life itself is our biggest educator. Personally, I found myself passionate about investing in property and I learnt about property investing, but not in a classroom, rather by reading a relevant book without any external pressure of learning and without the pressure of writing an exam afterwards. I then went ahead and took my learning to the next level by interacting with the experts in the field of property, who had already made their mark in the industry and were not only successful but were also ready to share their knowledge.



## Where school is like one big family

Neil, Head of Primary with Anne, David, Yuri & Oatlegile



For many of us the sound of learning evokes a feeling of panic, and all this is because of the faulty structure of our education system. Our education system is such that it has led to the collapse of our natural human instinct of learning and curiosity.

A young child is curious and inquisitive and wants to know and find out about everything new, and he/she does this through observation and modelling their parents (the true models of learning). The same child with a curious mind when exposed to our institutionalised education system (forced classroom learning with no incentive at the end) now starts to hate the very process of learning, which he/she once was delighted about.

Learning by default is a basic human instinct! But in order to start the natural process of learning within us, we will first need to undo

the damage done by our education system. This natural instinctive learning, if applied in the right way, can get us closer to our dreams!

**Read lots of books and attend seminars**

When I came to England in 2011, I had no formal education to support my dream of investing in property. I looked at various university courses that could give me the knowledge about the property industry, but none of them looked promising for the following reasons:

- They were expensive.
- They were classroom-based, which didn't excite me.
- The knowledge earned from the course was theoretical and not practical.
- There was no guarantee the knowledge would support what I really wanted to do.
- The only way to monetize/materialize the knowledge earned through these courses

**“ LEARNING IS AN ONGOING PROCESS ”**

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Self-help

would be to find a job in the field.

For many people, this may sound like an absolutely fine path to follow since we have been taught and conditioned by our social system to regard securing a job as the ultimate goal of achievement. Most of us spend a major chunk of our energy and time trying to find a suitable job for the knowledge we have received in our universities.

This might not even be close to something we really want but that's the only choice, given the restrictions of our university degrees - the so-called learning of our lifetime.

In my case, I wanted to gain knowledge that could help me set up a business and I could have the flexibility of working for myself in my own style of functioning. Hence, the option of me taking those university courses was a big NO.

What did I do then? I searched online and came across a book, the title of which sounded promising. I ordered and read it and I have to admit that it really did help me in learning the basics of property investment and gave me enough knowledge to call estate agents and ask the right questions. That led me into finding my first deal, and the same process led me into finding an investor to complete that project.

I would love to share my journey that I took when I decided to help people grow their business by using my knowledge and experience, but that I will delve into in greater detail in my next article.

It is worth mentioning here that I am a qualified journalist, but my learning and education did not end with my journalistic qualification. I use this knowledge not only to my benefit but also to help people grow their business by offering them platforms such as seminars, online courses and my book, which is currently in progress.

**Take action**

Knowledge or learning when applied in the real world will generate money.

Knowledge will not convert into money until it is followed up with practical actions that are used to implement that knowledge. For example, eye surgeons possess the theoretical knowledge of performing eye

surgery but until they actually go out there and offer their knowledge to a hospital and perform surgery on a patient, they

won't get paid for the knowledge. Similarly, I would never have made money from my knowledge unless I applied it in real life (invested in property and helped people grow their business using my coaching skills).

Last but not the least, I am thankful to all my coaches and mentors who helped me monetize my learning. 📌

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TO OUR DREAMS ”**



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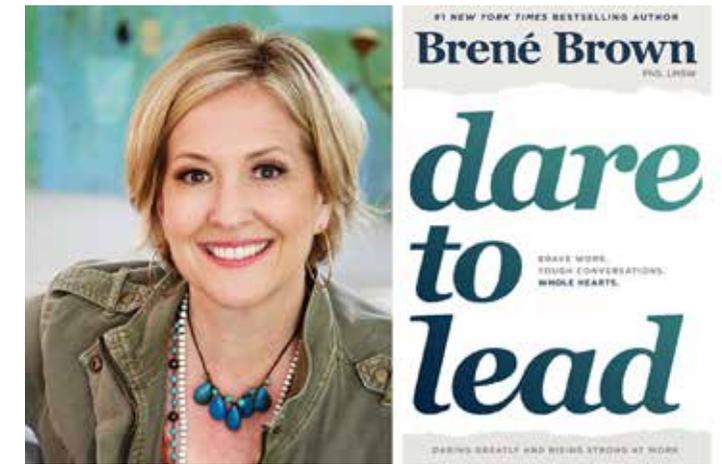
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# Be Successful

Two coaching books that top the New York Times sellers list

## Dare to Lead - Brené Brown

In her #1 NYT bestsellers, Brené Brown taught us what it means to dare greatly, rise strong and brave the wilderness. Now, based on new research conducted with leaders, change makers and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead.



Leadership is not about titles, status and power over people. Leaders are people who hold themselves accountable for recognizing the potential in people and ideas, and developing that potential. This is a book for everyone who is ready to choose courage over comfort, make a difference and lead. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it and work to align authority and accountability. We don't avoid difficult conversations and situations, we lean into the vulnerability that's necessary to do good work.

But daring leadership in a culture that's defined by scarcity, fear and uncertainty requires building courage skills, which are uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders while, at the same time, we're scrambling to figure out what we have to offer that machines can't do better and faster. What can we do better? Empathy, connection and courage to start.

Brené Brown spent the past two decades researching the emotions that give meaning to our lives. Over the past seven years, she found that leaders in organizations, ranging from small entrepreneurial start-ups and family-owned businesses to non-profits, civic organisations and Fortune 50 companies, are asking the same questions:

**How do you cultivate braver, more daring leaders? And, how do you embed the value of courage in your culture?**

*Dare to Lead* answers these questions and gives us actionable strategies and real examples from her new research-based, courage-building programme.

Brené writes: "One of the most important findings of my career is that courage can be taught, developed and measured. Courage is a collection of four skill sets supported by twenty-eight behaviours. All it requires is a commitment to doing bold work, having tough conversations and showing up with our whole hearts."



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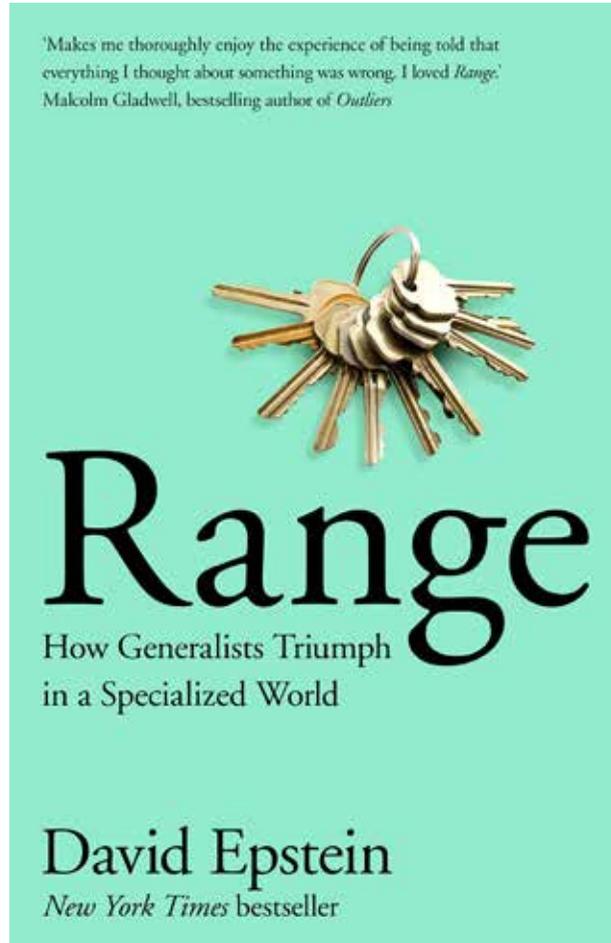
### Range - David Epstein

The #1 *New York Times* bestseller that has all America talking: as seen/heard on *Morning Joe*, *CBS This Morning*, *The Bill Simmons Podcast*, *Rich Roll*, and more.

Plenty of experts argue that anyone who wants to develop a skill, play an instrument or lead their field should start early, focus intensely and rack up as many hours of deliberate practice as possible. If you dabble or delay, you'll never catch up to the people who got a head start. But a closer look at research on the world's top performers, from professional athletes to Nobel laureates, shows that early specialization is the exception, not the rule.

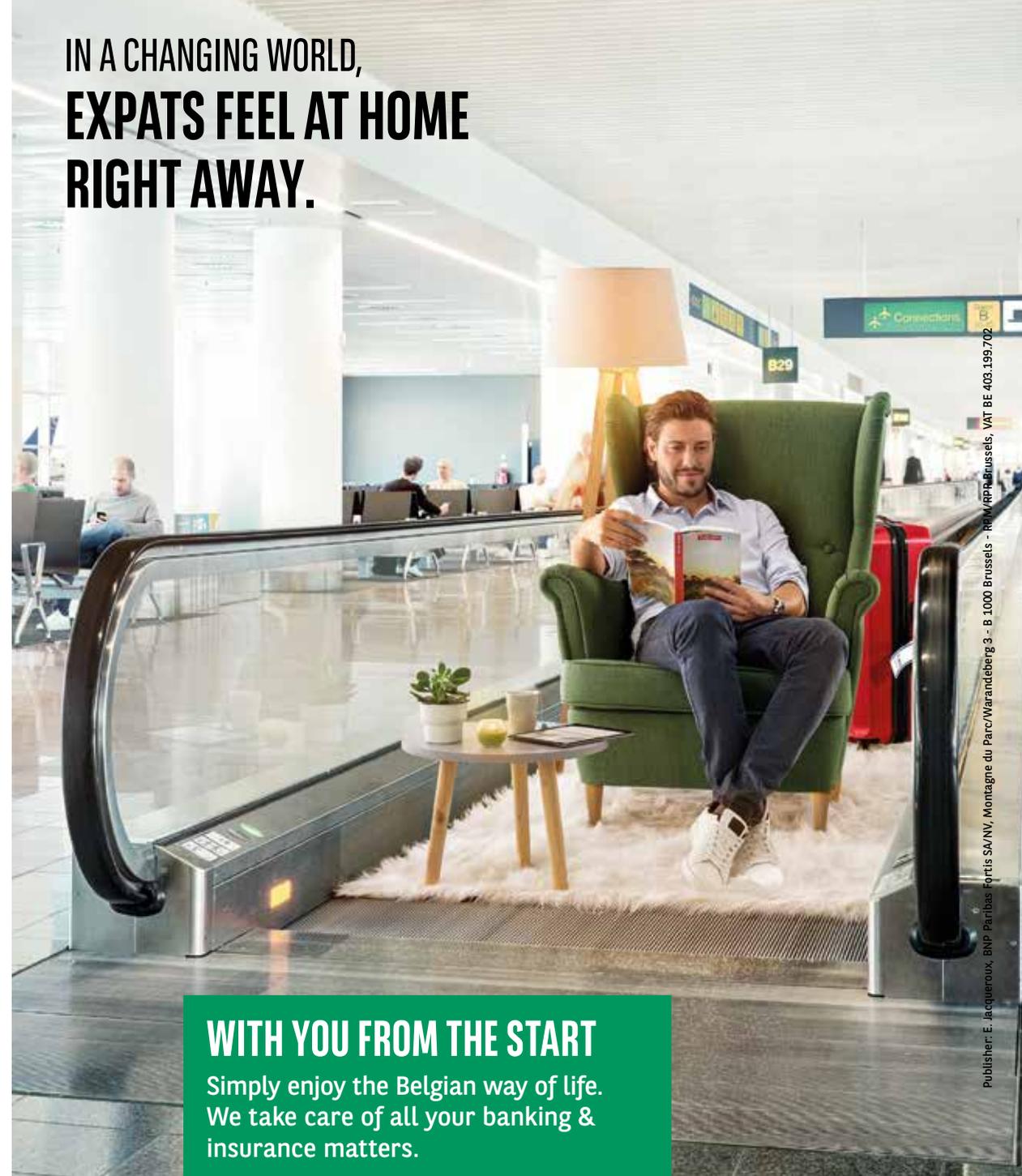
David Epstein examined the world's most successful athletes, artists, musicians, inventors, forecasters and scientists. He discovered that in most fields - especially those that are complex and unpredictable - generalists, not specialists, are primed to excel. Generalists often find their path late, and they juggle many interests rather than focusing on one. They're also more creative, more agile and able to make connections their more specialized peers can't see.

Provocative, rigorous and engrossing, *Range* makes a compelling case for actively cultivating inefficiency. Failing a test is the best way to learn. Frequent quitters end up with the most fulfilling careers. The most impactful inventors cross domains rather than deepening their knowledge in a single area. As experts silo themselves further while computers master more of the skills once reserved for highly focused humans, people who think broadly and embrace diverse experiences and perspectives will increasingly thrive.



- Shortlisted for the *Financial Times*/McKinsey Business Book of the Year Award
- "The most important business—and parenting—book of the year." —*Forbes*
- "Urgent and important. . . an essential read for bosses, parents, coaches, and anyone who cares about improving performance." —Daniel H. Pink
- "So much crucial and revelatory information about performance, success, and education." —Susan Cain, bestselling author of *Quiet*
- "As David Epstein shows us, cultivating range prepares us for the wickedly unanticipated... a well-supported and smoothly written case on behalf of breadth and late starts." —*Wall Street Journal* ●

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Self-help

# Good vibrations

In chapter two of his series of reflections, **Axel Trinh Cong**, medium and therapist, traces the route towards genuine fulfillment

Photo © Wolfgang Moroder



**I**t might be said that material success falls short of fulfilling our expectations, when it is not paired with a deep feeling of accomplishment and peace. On the other hand, one could counter this statement by saying that fulfillment cannot be found when our physical needs are not met, since we are undoubtedly made of flesh and bone. We can't have one without the other. Incidentally, that is also the ethos of this very magazine, to which I owe, once again, my deepest gratitude for its courage in conveying this message.

Last month, we argued that there is no such thing as 'chance' - each one of us is a fully responsible creator behind everything that happens to us, inasmuch as it is our vibrational state, which we emit in visible and

invisible ways, that determines the people we meet and the situations in which we 'happen' to find ourselves.

In order to illustrate this point, let's take a, shall we say, flowery example. If I vibrate salad, then I shouldn't wonder why I'm attracting slugs. And if in spite of all my efforts to vibrate sunflower, I still attract slugs instead of the desired bees, then I must conclude that some part of me is in fact still vibrating salad.

Therefore – and without passing judgement on these equally marvellous plants – how do we go from salad to sunflower?

Whereas our visible side is quite easy to grasp as well as modify, our invisible side

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## PERSONAL DEVELOPMENT

Self-help

(widely known in psychology as the subconscious) is by definition unattainable through the five senses. So how do we access and modify this part of the Self which plays such a crucial role in our lives and, by extension, our search for fulfilment?

But before we answer this question, we should probably elaborate on this notion of the 'invisible side' we all have within us. How might we define this energy that we project? What is it made of? Where does it come from?

All information is energy, and all energy is information. To understand this, we might simply imagine a radio wave, which is a vibration, or an energy, and carries information through sound.

Now, let's come back to us human beings: everything that we have experienced, good or bad, since the womb (and perhaps even before that) leaves an indelible mark on us, and forms our memory. But in addition to this personal memory, we must add the transpersonal or the transgenerational memories. This is sometimes called psychological genealogy and refers to the ways in which memories are passed down subconsciously through our parents, grandparents and general ancestors, perhaps over the course of ten generations. Together, these personal and transpersonal memories make up a stock of information, which determines the energy we project. Simple.

Among these memories, there are happy ones – cherished moments of grace, joy, love and recognition which made us feel alive, recognised and welcomed for who we were and allowed us to grow. In moments like these, we feel at peace with ourselves, everything is just as it should be and we are filled with a sense of inner serenity.

But besides these, we also keep less joyful memories, and our identities are founded on them, just as much as they are built upon the happy ones. And it all begins from the very first seconds of our lives, inside the womb. In fact, events have a greater impact at this stage, since we are all the more vulnerable and receptive to the environment. Indeed, where newborns lack in mental faculties such as reasoning, they more than make up for in feelings and sensations. Their primary source of information resides in the way they are touched, and then the tone in which they are spoken to (the meaning of the words themselves being of course of no consequence to them), as well as the looks they receive, and so forth.

### “ WE ARE FILLED WITH A SENSE OF INNER SERENITY ”

In time, very young children learn that different types of behaviour are either met with love, or with criticism. And since they are

unable to think for themselves, and certainly to reflect on their emotions, they inevitably come to the conclusion that the parent is right and that their own way is wrong. Consequently, they'll adapt their behaviour, even to the point of dishonesty towards themselves, and of repressing certain parts of their being. The most terrible consequence of this subconscious phenomenon is that, completely through their own will and for the sake of love, the child will become at odds with a part of themselves – and suffer all the internal conflict and rejection that will ensue in later life.

This is how, as adults, so many of us struggle to connect with others, because in order to establish our very first relationship – with our parents – we were forced to sacrifice a part of ourselves. Deep down, every adult continues to carry the scar of this first betrayal, which never ceases to taint every other relationship, be it familial, romantic or even professional – unless the adults have made peace with themselves as well as with the parent in question.



But what about these transpersonal memories, which we also referred to as psychological genealogy (a topic which is becoming increasingly popular in all the bookshops)? These consist of everything our ancestors, living or deceased, accumulated in terms of events and beliefs, and which we accept to take upon ourselves. As for the reason we implicitly agree to carry this heavy inheritance, we can point to our tendency, as members of a certain lineage, to do everything in our capacity to fit into it and find our place within the group. To reject a belief that has been passed down through several generations is, in a way, to exclude ourselves from the family in which we happen to be born.

And in the collective unconscious, to leave the group is to die, since no one can possibly hope to survive on their own, without roots or close relatives. More often than not, this heritage has negative consequences on our own personal development, since it forces us to adopt behaviours and viewpoints that clash with our nature. We live for others, not for ourselves or in accordance with our Self.

**“ IT ALL BEGINS  
FROM THE VERY  
FIRST SECONDS  
OF OUR LIVES ”**

I have hopefully made a clear and concise summary of what constitutes the subconscious part of our inner vibration. Now, the reader might be internally asking the next crucial question: how do we access this subconscious, and how to we work on it?

This is the point we will tackle next month. Before then, I would like to remind the reader that all personal development demands a great deal of courage. Particularly in this case, as we will have to return to those painful moments we swore to put aside forever. But it will also require humility,

inasmuch as we will have to let go of our egos and all the certainties on which we built our identities, in order to open up to uncharted territories within ourselves – places full of magic, mystery and strength.

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Self-help

# The road to burnout

Alexander Anghelou asks 'Why has the use of our free time changed?'



Adam Alter (professor in Business and Psychology) had a TED Talk entitled 'Why our screens make us less happy'.

And in May 12, 2017, Chris Weller of *Business Insider* produced a chart to show why it feels like you have *No Free Time, In One Chart*.

The red space is all the time we spend fiddling around on screens.

The puny yellow and white slivers that remain are "where the magic happens," Alter says. "That's where your humanity lives, and right now it's in a very small box."

Two years after Chris Weller's article inspired by Adam Alter's TED talk 'Why our screens



make us less happy,' the high impact of screen time on our personal time still stands today. I do not have figures to show for how screen time has evolved in the past two years, but I believe that it is safe to say that our personal time in 2019 is eaten up by screen time at least the same and most probably more than in 2017. Since then, we

have more apps, better and more powerful 'smart' phones and better and faster internet.

Having worked as a psychologist specializing in cognitive behavioural therapy since 2005, I have seen the number of anxiety related cases increase exponentially. Back in 2005, people with anxiety related difficulties were predominantly over 30 years old. Today that population remains today but the population that has increased exponentially in the past decade is the 15-25year olds.

One of the reasons for this, I believe, is the acceleration of the pace of life, meaning that more is expected from people in the same amount of time. Since around 2008, there have been great efforts to streamline workflow, to make everything more efficient and with higher expectations, which are often unrealistic. Hence, the rise of pressure, anxiety and, therefore, anxiety disorders. If we were to prepare an athlete for a competition, we would make him/her strong, skilled, lean and agile, but there are limits. If these limits are crossed, you start to compromise performance and health, the same is true for companies, organisations and schools.

Something I say to my patients daily is that we need to manage our resources and to function in a sustainable way so as not to 'burn out.'

To do things during our free time we need two essential ingredients, the first is TIME and the second is ENERGY. As shown in Professor Adam Alter's chart, the amount of free time has not

changed significantly in the past years but our use of it has. Why? Since we have the time but often do not have the energy, we engage in activities that are passive and require little to no energy. Engaging passively with our screens does not come for free, it comes at a very high cost.

The first and most obvious one is that screen

time eats up our free time. So, the cost is the benefit that is missed or given up when we choose one alternative over another, in economics this is referred to as 'opportunity cost.'

Secondly, screen time interferes and keeps us from interacting with others which is a skill we build with experience. Since there is less practice, this skill is not developed or erodes like a muscle that is not used. Hence, there is an increase in social anxiety and a certain awkwardness when interacting with others. This makes the interaction with our devices a safety behaviour. This means that our devices help us escape these anxious moments. Many adolescents today prefer and feel more comfortable having a skype session rather than face-to-face session for that reason.

Thirdly, after creating the need to escape the awkwardness of interacting with people, we isolate ourselves further with our devices. At this stage, it goes from being a tendency to a need, which becomes a vicious circle that isolates us.

Fourthly, when we constantly avoid interactions by distracting/entertaining ourselves with our devices, we often indirectly develop an aversion to boredom as we experience it less. In the pre-internet world, people had to wait for things. For example, waiting in line or for the album of your favourite band to come out. Today everything must be instant, and in the rare moments when you need to wait for something, people usually take out their

**“ THAT'S WHERE YOUR HUMANITY LIVES ”**

phone to entertain and/or distract themselves. The consequence of this is that we sensitise ourselves to boredom, making it intolerable.

Lastly, you might have noticed that many people today feel the need to constantly engage in something. Not engaging is often interpreted as being lazy or unproductive, even though we know that being engaged



with something is often unproductive. Not being engaged with something can be very useful and necessary as it allows us to rest and reflect. The opportunity to rest and reflect is often given up out of fear of being bored. The aversion to boredom is increased through its avoidance. It is further amplified by the fact that free time is so scarce that its value increases exponentially and therefore making our expectation of what should happen in that time unrealistic.

The pressure of having a fantastic time during the little free time that is left is so great that it makes it very stressful. This pressure corrupts our ability to enjoy things for what they are as our expectations become unrealistic. This is a common

problem found in teenagers today where they have the Fear of Missing Out, more commonly known as FOMO, which leads to life dissatisfaction.

Consequently, we can easily get stuck in a vicious circle, which does not even include the addictive nature of many of the social media and other apps that we use today. I am not against technology and in many ways our devices can be very helpful, but we do need to limit the time we spend on them so that

they do not negatively impact our lives.  
**Alexander Anghelou**  
**Psychologist Specialized in Cognitive Behaviour Therapy**  
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# To the rescue!

**Dave Deruytter** suggests that the Central Banks alone cannot save the world economy



**S**ince the world financial and economic crisis of 2007-2008, there seems to be a lingering belief in the financial and business markets that the central banks of the key economies in the world alone can save the international economy from a new major downturn.

Yes, central banks have a lot of tools to help the economy. And they have proved themselves to be very original and creative in the past decade with the invention of Quantitative Easing, the massive buying of government paper, even bringing the interest rates of some key currencies down into negative territory.

Still, with the current headwinds of an international trade war and a possible no-deal Brexit, a big surprise may be on the horizon for the complacent observers or stakeholders. Indeed, what can there possibly be left more to do for the central banks to stimulate the world economy beyond the revolutionary, yet dangerous, new techniques of the past years?

Governments in too many places seem to be playing treacherous economic and political war games without properly checking out the pragmatic realities in the real economies or the health of the finances of their countries.

One of the canaries in the coal mine is a country like Singapore, very dependent on international trade and on the brink of going into an economic recession (two consecutive quarters of negative growth). Many export-dependent South East Countries may follow suit soon. Other global production countries, such as South Korea, are not far behind. Even Germany, the industrial engine of Europe, has been feeling the pain of the global trade war since the beginning of 2019.

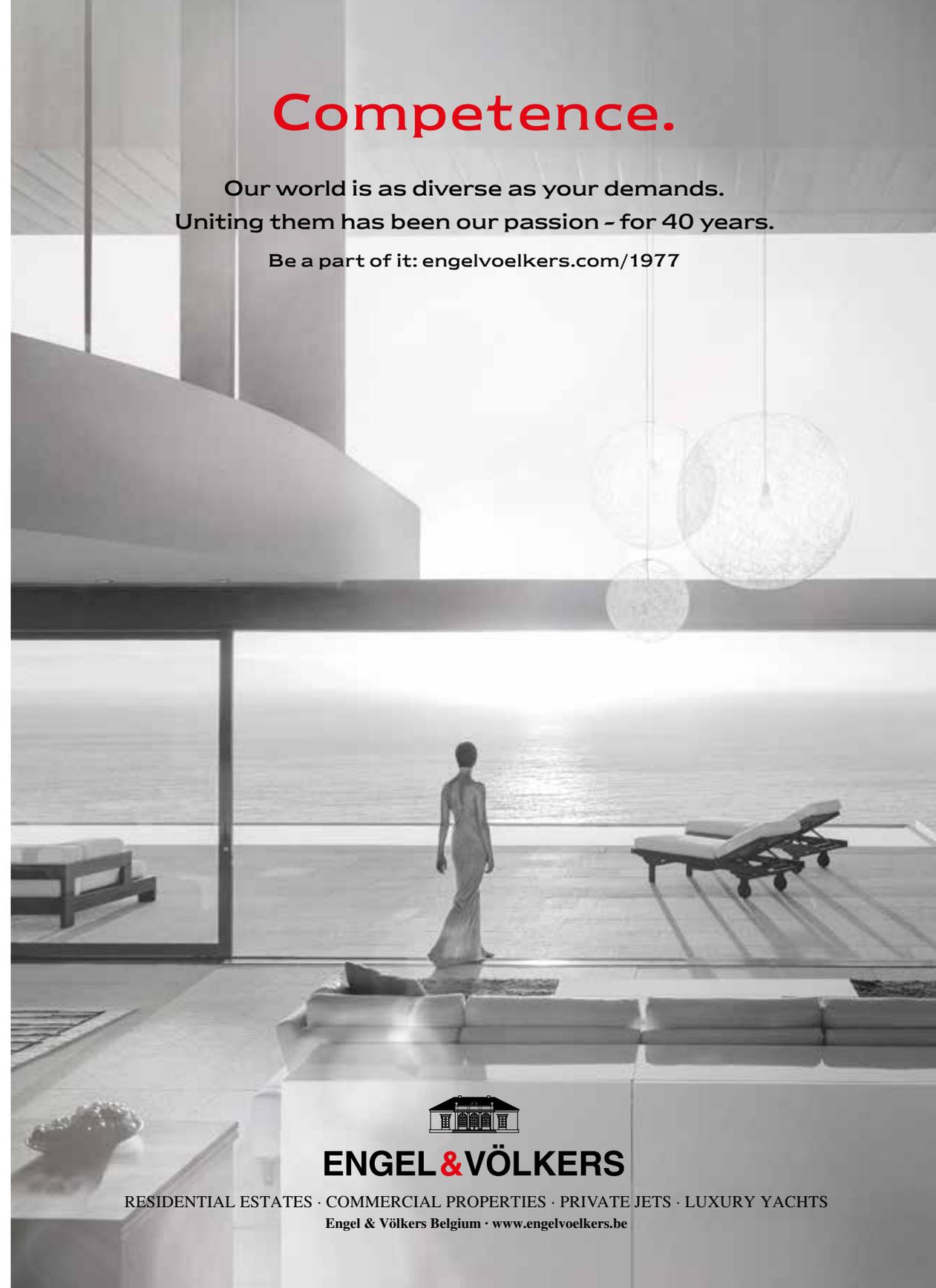
A leading indicator in many countries is the hiring scene. And there the picture has been turning in the current year from a steel blue sky, with job seekers leading the market, to a cloudy picture with a possibility of thunderstorms or worse to come.

Economic cycles are normal, but when money is sooooo cheap for such a long time,

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the reasons for a downturn are typically unnatural, major global distortions, like the US-China trade and economic war and the Brexit mess. Japan and South Korea bickering does not help either.

In its recent round of monetary easing, the European Central Bank has 'forced' banks to lend even more money to people and businesses

or to make less money themselves. In the normal circumstances of a typical cyclical downturn this should be applauded. But not this time since the approaching downturn is caused by a trade war and prolonged uncertainty surrounding the UK leaving the EU.

Indeed, before this monetary relaxation in the EU, there was already ample credit flowing to people and businesses for their investments. Worries are high that the new money will

be lent to investment schemes that are too risky or have very limited chance of success. Indeed, we have seen certain initiatives - Big data, Internet of Things (IoT), Artificial Intelligence (AI), digital disintermediation - blow out of all proportion in recent years.

This is happening in all economic sectors - in the finance sector the initiatives in the field of Fintechs are exploding. In more visible areas, electric steps or bikes, for example, a consolidation is starting, just like in the food and other delivery services.

There are too many of them now, creating overcapacity. On top of that, regulators are rightfully applying 'level playing field' rules to the newcomers and are no longer penalizing the former classical providers. Your Airbnb apartment should follow the same hygiene, fire protection, labour laws and tax rules as a hotel room in the same country or city.

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## PERSONAL DEVELOPMENT

Money



Also, too many new-tech inventions are only new in form - they do not add any particular value, sometimes to the contrary. Given that cryptocurrencies have been around for some time now, one would like to see a study on why and how they would have an added value over real currencies, not in theory but in practice. In that light, although one should always be positively curious, it has to be seen what real added value the Libra currency of Facebook and its partners will bring to the world.

Overconsumption is another cloud over our heads. It is not sustainable that we leave the freedom of eating and drinking oneself to obesity to the individual, only to charge the cost of treating the treatment to society. That cannot last. The pension bubble is a further issue looming large. People continue to live longer, but have the same or even fewer working years during which they contribute to their future pension. Countries are fortunately increasing

their retirement age, although that is not always easy in some countries, particularly in continental Europe. Still, students are studying longer before they enter the workforce.

Health insurance is another similar bubble. Expenditure is increasing, but funding does not follow.

**“ ONE SHOULD ALWAYS BE POSITIVELY CURIOUS ”**

All in all, it is time to no longer be selectively blind. The Central Banks have done about all they can to help the world economy. Action is needed on other fronts by governments and, because that will affect voters' sentiment,

it will take real leaders to act. We may be seeing the odd one appearing already, but many more are needed to steer the world economy away from the stormy waters ahead. ●

# Uncertainty reaches its heights

Yannick Callens deals with media prattle



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**I**n recent weeks, I have heard again and again this little phrase in the media: "We live in the most total uncertainty". You've heard it too? Or weren't you paying attention?

It made me think of the needs of the human being. My brain has made an association between this phrase and the needs that everyone wants to satisfy. In this article on real estate, I want your opinion, your intervention.

Can you rate from 1 to 10 (knowing that one is for 'not important to me' and 10 for 'very important to me') these six needs that we all have and that we can link to the real estate need.

### Certainty

Do I want real estate for the certainty, the security that it gives me? Is the term 'real estate' related to security and stability for me?

### Uncertainty

Do I want real estate for the 'uncertainty' that it gives me? To get out of my daily life and habits? Does the term 'real estate' give me an adrenaline rush in the short term? A need for pleasure in the short term, to meet challenges and my need for variety?

### Importance

Do I choose real estate for the importance it gives me? For others? For my family? For my relatives? Does the term 'real estate' help me? A connection with myself and others?

Real estate

Do I choose real estate to 'stand out'?

**Love and connection**

Do I make real estate to be connected and/or loved? Does the term 'real estate' give me 'membership'?

These four needs are also called 'personality' needs.

The next two needs are the 'spiritual' needs.

**Growth**

Do I choose real estate because I have a need for growth? Does the term 'real estate' mean growth, growing up?

**Contribution**

Do I choose real estate to contribute to society? By giving my money, my energy and my time? Do I want to help by renovating and beautifying real estate?

Now that you have given an order of importance to your real-estate needs, I will summarize in a nutshell the two motivation engines that we all have.

**Avoid pain (escaping pain)**

You do what you do to get out of pain or to avoid a situation that is not pleasant for you. You have already heard those famous success stories of people who change their lives after great suffering. I assure you that you do not need such terrible suffering to get there. However, be aware, acceptance is the first step in any transformation.

Go for happiness and pleasure - you do what you do to find happiness, have fun and feel good.

Studies show that avoiding pain is the most motivating driver of them all.

Example: If I asked you to enter a house that was on fire for €50, would you?

But, if I asked you to go into that same house

to save the one dearest to you, would you go? This example is a simple explanation of the principle.

Other things I want to know about you: What are the five values that are most important to you today? Put them in order of importance.

Now, I would like you to take a moment to reflect on five values that may be the most important for you in the next five years. Do you know them?

By this simple exercise, you have:

Your needs in order of importance in real estate.

The motivation that will compel you to make your decisions in real estate and your future investments.

Your current values as well as your future values as to where you want to go.

If you know where you are right now and where you want to go, you are reducing uncertainty and the risk that goes with it. In case of uncertainty, analyse your results and adapt them to your conditions.

I like to use the definition of crisis in Chinese to illustrate that uncertainty has two sides.

“ THE WORD  
CRISIS IS  
COMPOSED OF TWO  
CHARACTERS ”

The word crisis is composed of two characters. The first 'danger' character represents a man at the edge of a precipice. The second, often associated with

machine vocabulary, means opportunity/luck when associated with 会, which means gathering/get together

In this case, Chinese semantics is more positive, evoking the favourable character that a crisis can represent for an organization.

This is the meaning you give to uncertainty that will give you your desired result. 📌



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# Impeachment is on the menu

**Catherine Feore** says, 'Nice country you've got there, would be a shame if something happened to it'

It has been difficult to stay up to date with events in Europe - the UK is seemingly engulfed in constitutional disputes of historic proportions, the foibles of its Prime Minister, the machinations of Her Majesty's Opposition and the secretive distribution of non-papers to the Brussels-based bureaucracy that they used to accuse of lacking transparency and accountability; never mind the more predictable disputes in Brussels over the hearings of the new Commissioners designate. I mean, who would have thought an Orbán choice, especially his former Minister of Justice (please subdue your laughter) László Trócsányi, was going to prove controversial.

Some have sought solace by looking across the Atlantic and considering the current difficulties there. It appears that impeachment is on the menu again. Many of us were waiting with baited breath for that word 'impeachment' after the publication of the *Mueller Report* and its repeated references to the obstruction of justice, but when the Special Counsel reluctantly testified before Congress on 24 July, his testimony was met with a collective shrug of the shoulders - despite its undeniably damning content. Trump proclaimed that he had been "totally exonerated".

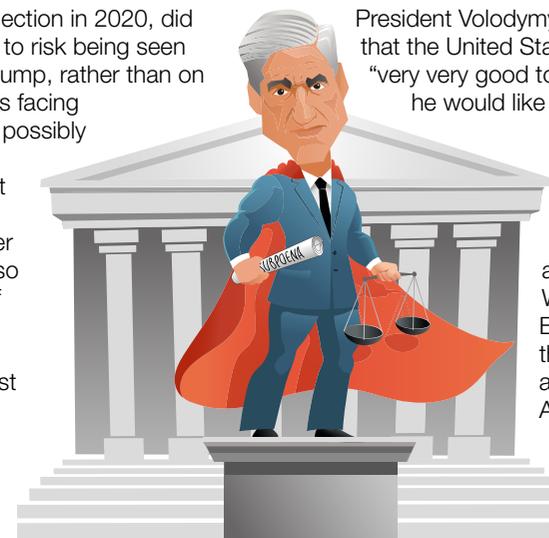


Donald Trump

**“ FIRST RULE OF POLITICS IS TO KNOW HOW TO COUNT ”**

Although about half of the US Congressmen and women wanted to start proceedings, the Democratic leadership was more ambivalent. The timidity of the Democrats to take the path of impeachment also made them look weak, as if they might be worried that there wasn't a strong enough case to prove Trump had committed a 'high misdemeanour, a felony, or treason'.

In the run up to an election in 2020, did the Democrats want to risk being seen as too focused on Trump, rather than on the day-to-day issues facing Americans? Could it possibly even backfire? Polls seemed to show that there was little enthusiasm for further action. There was also the small question of numbers. President Lyndon B. Johnson once said that the first rule of politics is to know how to count. Quite simply, the Democrats do not have the votes. They could vote for impeachment in Congress, but the trial would take place in the Senate where the Republicans hold a majority and where a two-thirds majority is required to endorse the process.



Robert Mueller

### Deus ex machina

This week has changed everything. It emerged that a whistle-blower reported an "urgent concern". In the course of his official duties, the informant had heard from multiple sources that the President of the United States is using the power of his office to solicit interference from a foreign country to investigate a political rival, namely former Vice President Joe Biden. The "concern" also cites the involvement of the Attorney General Bill Barr and the President's personal lawyer Rudy Giuliani. The accusations centre around a phone conversation that took place on 25 July - a day after Mueller's disappointing performance in Congress. The call was between President Trump and the Ukrainian

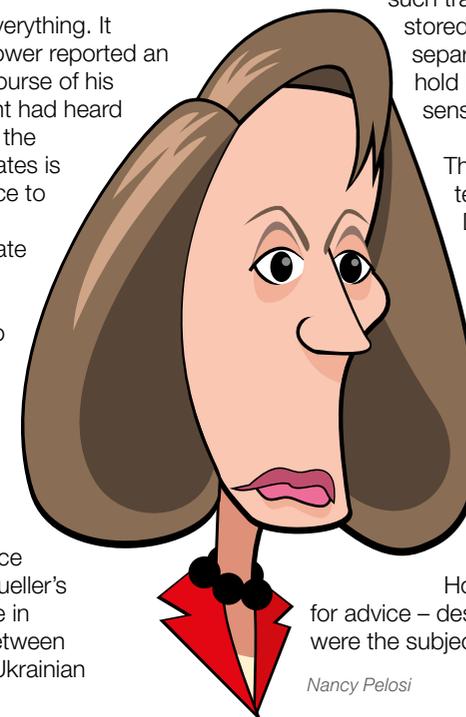
President Volodymyr Zelenskyy. Trump said that the United States had been "very very good to the Ukraine" and that he would like "you to do us a favour".

The favour concerned Biden and Democrat servers - Trump told Zelenskyy that Giuliani and Barr would call him. We don't know about Barr, but we do know that Giuliani met an adviser to Zelenskyy, Andriy Yermak, on 2 August in Madrid.

The other element to these revelations is that efforts were

made to restrict access to the records of the call. The whistle-blower reported that White House officials had intervened to "lock down" all records of the phone call, the word-for-word transcript was removed from where

such transcripts are typically stored and placed instead in a separate electronic system to hold information of an especially sensitive nature.

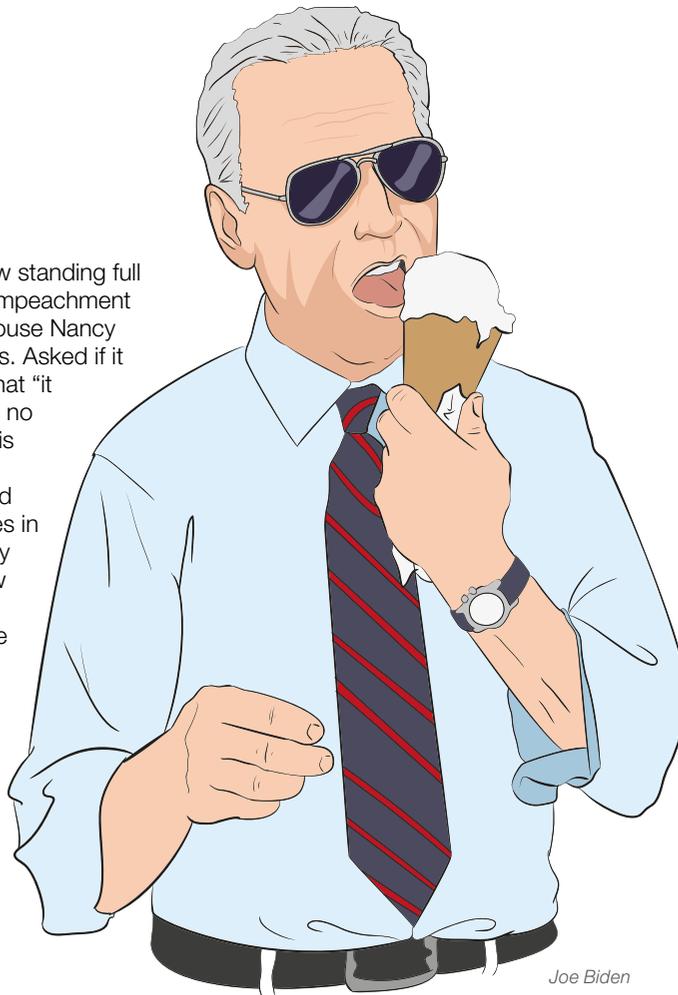


Nancy Pelosi

The other jaw-dropping testimony came from Acting Director of National Intelligence, who in his testimony before the House Intelligence Committee this week said that, though he had received the whistle-blower's report and acknowledged its credibility, had considered it subject to executive privilege, so approached the White House and Attorney General for advice - despite the fact that they were the subjects of the "urgent concern".

## “ HE HAS GIVEN US NO CHOICE ”

The House of Congress are now standing full square behind a launch of the impeachment process. The Speaker of the House Nancy Pelosi has shed her reservations. Asked if it could backfire, she answered that “it doesn’t matter, he has given us no choice”. The objective is that it is done and dusted before Thanksgiving, 28 November and well before Democratic primaries in February. The Democrats will try to keep the investigation narrow and focused on the Ukraine phone call, but intend to include the attempts to obstruct justice other matters as part of an overarching narrative. One big question that could do further damage is that the whistleblower’s “urgent concern” was based on many officials. Will there be a torrent of whistle-blowers in the coming weeks? **1**



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# Why Growing Your Business Need Not Be Hard Work.

By Arnon Barnes

Reflecting back on my years in business since I was a teenager, I realised 'hard work' alone to achieve business growth never produced the best results for me.

It was not until I had a 'business growth blueprint' that I was able to produce repeatable successes across different business and industries.

The most exciting part for me is that it's also helped many entrepreneurs quickly multiply their business revenue like nothing they've experienced before. But what is this really?

It's really about understand the 'algorithm' in every business that can lead to explosive growth. Let me explain. For many years I was doing all the things that many 'business gurus' told me to do, such as:

- Work harder
- Learn to sell better
- Do more networking
- Improve my marketing
- Train my staff



And yes, they gave me some results; BUT they only helped improve my business marginally.

My search for a better solution led me to Tony, a family friend who at that time already had several successful businesses.

When I met Tony, he told me bluntly, "There's 3 main differences between us which explains why your business has plateaued." I was puzzled.

Tony continued: "Firstly you hire staff, I build championship teams. Secondly, I grow through partnerships, not just marketing. Thirdly, I'm a leader and you are a manager"

Over the next few months I learned from Tony:

- A blueprint to build and grow a 'championship team'
- The 5 catalysts to create a 'revolutionary business growth'
- A leadership mindset that supports rapid business growth
- How to become 'magnetic' and attract better, high-paying customers and repel 'problem customers'



With Tony's guidance, I grew my business to where I wanted it to be in record time. And I actually worked less and enjoyed my business more. I was eventually able to sell that business for millions of Euros and become financially free at 28.

I've entered multiple businesses since and repeated this system. Every time I got outstanding results, regardless of what industry I dove into.

Because at its core, every business has the same DNA...once I discovered how to 'crack the code' – a business grows without fail every single time.

Eventually, measuring my success solely by dollars and cents became less meaningful to me. I started helping others who came to me for help.

Here what some of my clients have achieved with this blueprint:

- "In the 100-year history of our business, we're now making more money than we've ever made before." - **Giles, Poperinge**
- "Arnon has helped us break all financial records for our business. Best part is, the business is fully systemised and grows without me 97% of the time." - **Stijn, Ledegem**

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The good news is I'm putting together a 2-day event. I'm sharing my personal blueprints, systems, checklists, and deepest insights that have helped me and my clients achieve outstanding results in business.

When you come to my 'Business Owner Masterclass Program', you'll walk away with:

- The 5 key areas of your business you need to improve immediately to add a 'Zero' to your bottom line
- How to attract and keep the amazing team members that'll propel your business to the next level
- Build a resilient mindset and destroy limiting beliefs

Many attendees get excited and energised by their business results after being disappointed for many years, and they finally achieve work-life harmony.

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# LIFESTYLE

Admire the city of Florence as it is gently touched by the sun



## Florentine luxury

We pick out just three of the wonderful properties from **Lionard Luxury Real Estate**



### Magnificent luxury apartment in Florence

This magnificent luxury apartment for sale in central Florence is on the 'piano nobile' of a typical Florentine building. This estate's floor is accessible from an elegant double staircase, and the apartment itself has two entrances.

Inside, there is a very big hallway overlooking the internal courtyard and leading to a spacious and sumptuous living room with a fireplace: a room that is pleasantly lit by two big windows. The hallway also leads to a spare bathroom. A long corridor starting from the entryway leads to a frescoed dining room and a kitchen designed with refined materials. The same corridor then leads to the master bedroom, which is also well-lit and equipped with a walk-in closet and a big bathroom with a bathtub. Near the master bedroom there are another two bedrooms.



On this building's mezzanine floor, there is an independent apartment, part of the main property, which measures approximately 70m<sup>2</sup> and can be accessed from both the internal courtyard and from the spiral staircase connecting it to the 'piano nobile'.

This luxury property also includes an apartment with independent access for staff that measures approximately 60m<sup>2</sup>, and a convenient garage that can fit up to three cars connected to the building. Refined details, a high-level setting, comforts and high-quality materials and furniture make this prestigious apartment for sale a true gem of Florence's Real-estate market. **€5-10 million**

Luxury



**Stunning apartment for sale in the heart of Florence's historical centre**

This finely-renovated apartment measuring 240 m2 is for sale in the heart of Florence's historical centre. This property is located on the first floor of a wonderful period building and all furniture is bespoke. A spacious entrance hall welcomes you into the property; on the right, we can find a double bedroom with a big study and a bathroom, and the bed is located on a beautiful mezzanine.

This property's distinctive feature is its huge hall, made extremely bright by its high windows and six-metre high ceilings. This hall features a stunning fireplace and is connected to a kitchen, a closet room, another bathroom and another mezzanine, which features impeccable wooden beams, with a double-size bed. This property's position is perfect as it is very close to Florence's major historical, cultural and artistic attractions, and to all its main services. **€2m**



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Luxury



**Splendid apartment with a view of the Cathedral**

On a quiet and typical Florentine street just a few steps away from Ponte Vecchio, this four-storey property is divided into two apartments, making up a total surface of 400m<sup>2</sup>. These apartments have independent entrances but are connected from the inside. The ground floor is home to a one-room apartment which is currently used by staff. An elevator leads to the first floor, which features a very bright hall with a marble fireplace and big windows overlooking a lovely balcony which is perfect when you wish to admire the city of Florence as it is gently touched by the sun. On this floor there are also a sitting room, a bedroom and a bathroom.

The second floor is home to a bright hall, the dining area, a large kitchen and a suite equipped with a sitting room and ensuite

bathroom. This floor offers a breathtaking view over Florence's most popular buildings and monuments.

On the upper floor there is another beautiful living room with large windows looking like paintings of Florence's cathedral; you can access a beautiful cut-away terrace with a panoramic view. All rooms are extremely bright and have been designed using high-quality materials such as teak wood floorings, ancient exposed beams and grey sandstone finishing. Spacious, luxurious and located in a very exclusive area, this apartment for sale is perfect for those looking for a prestigious property in the heart of the magnificent city of Florence. **€2-5m**  
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## The Villa du Cygne

The city of Spa had its hour of glory in the early 20th century. Many buildings attest to this. The Villa du Cygne is one of them and is immediately reminiscent of the luxury of this delightfully sophisticated era.

The owner has breathed charm into this villa. By restoring it to its former splendour, she has created an atmosphere both refined and warm. She wanted to make sure that holidaymakers feel at ease as soon as they arrive in this house of character - that goal has certainly been achieved.

Thanks to the care taken with every detail, you will enjoy wonderful memories here with family or friends. Each room of the house reveals a particular charm. The five rooms all have their distinct style, their personality. As for living spaces, they invite you to discover your favourite corner.

Imagine yourself, wrapped in plaid, enveloped in soft cushions by a roaring fire, enjoying a glass of wine after a long walk in the woods. Imagine a billiard party with friends, returning from a round of golf. Imagine a big festive meal by candlelight. Imagine sipping hot chocolate on the gallery terrace, while admiring the colours of the French garden around you. Imagine children's rosy cheeks flushed by the fresh air after a day in the open air, then their sparkling eyes as they play in the games room...

The hostess is truly someone who knows how to create memories. At Villa du Cygne, she has created a little piece of terrestrial paradise - out of time and far from the madding crowd.

You would like to discover and enjoy this dream holiday home? Check it out on the Ardennes-Etape website (house # 105740-01).

Ardennes-Etape offers you more than 1.700 holiday homes in the Belgian Ardennes, with every house having its own style! For more information: [en.ardennes-etape.be](http://en.ardennes-etape.be) or +32 80 29 24 00.



On the coffee table : Candles: **Rituals** Handbag: **Nathan-Baume** / Shoes: **Patrizia Pepe**



Animal candlestick and bowls: **Home autour du monde** Vase: **Arket** / Scented sticks imperial rose by **Rituals** / Lamp: **littala**

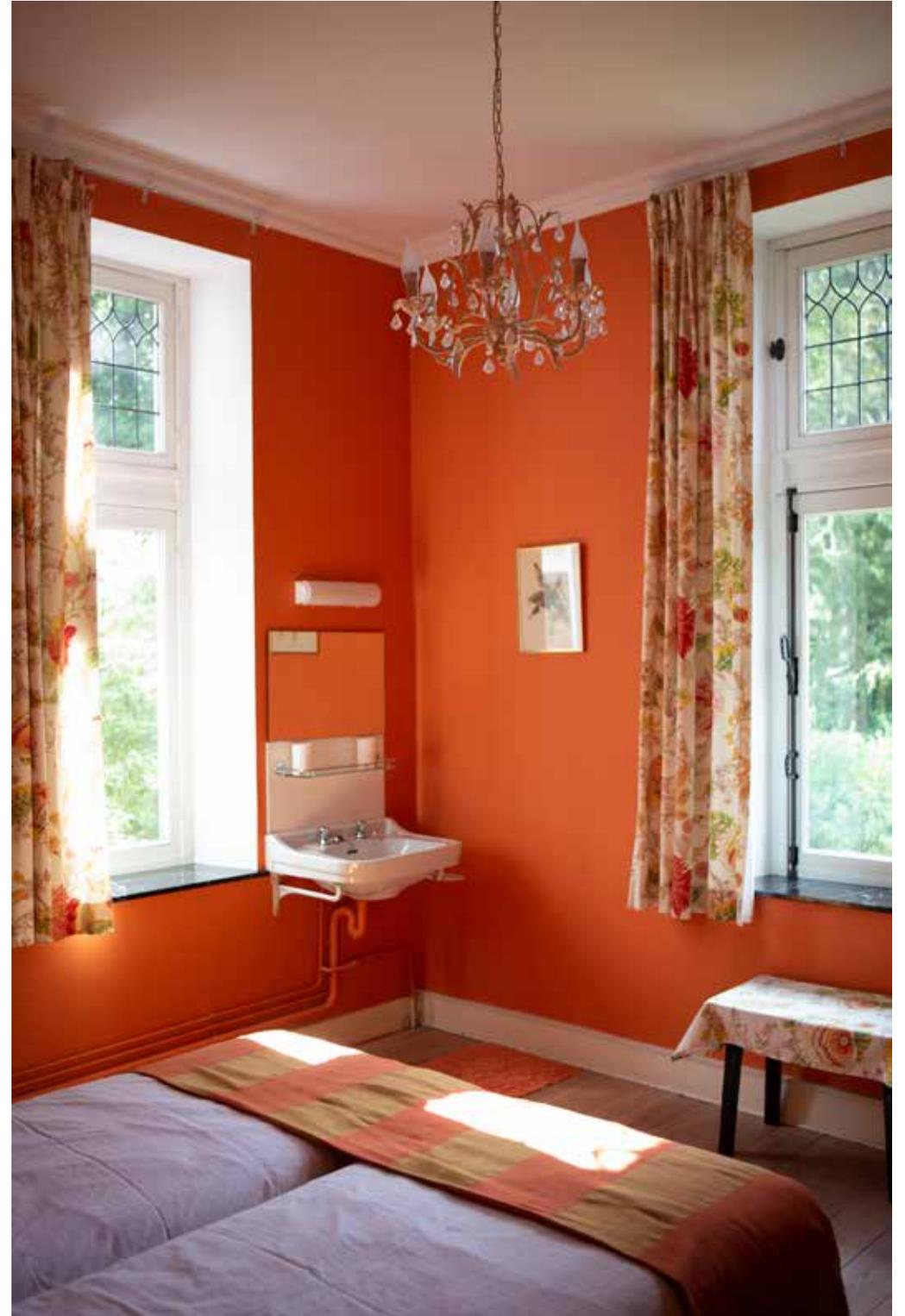


On the dining room table: Glasses. **Home autour du monde** / Plates and cutlery by **littala**  
On the chimney: Candlesticks: **Arket** / Pomander by **Rituals**





Handbag: **Patrizia Pepe** Candle: *Imperial rose* by **Rituals** Vase: **Arket**  
Coffee cup: **Home autour du monde** Hair oil by **Leonor Grey**



Fashion

# These boots are made for walking

**Tamaris** invites you to channel your inner rock chick or release your Bohemian charm

All Photo © Blogger-Moodbilder Karo Kauer



## Rock chick

The biker jacket with the tulle skirt? The rough boot combined with a maxi dress? Or perhaps an ankle boot with fishnet tights? The fact that the casual rock chick also has a feminine side is proven by numerous fashion style clashes. So, Tamaris combines the dramatic attitude of a rock star with the graceful grace and fragility of a ballerina. A duet that provides fashionable explosions, the perfect blend of feminine elegance and a rebellious rock edge.

This season, rocking ballerinas are swapping their pointed lasts for classic biker and lace-up boots with profiled outsoles. Black sets the tone here as the dominant colour, because the dark monochrome look directs the eye even more to decorative details, such as small round studs or rhinestones and pyramid studs. The necessary portion of glam rock and sexiness is provided by studded pumps and feminine booties with galvanized stiletto heels, which are minimal in colour, but maximum in effect.





**Bohemian charm**

The Bohemian style is more than a fashion trend – it's a lifestyle. Bohemian stands for an emphatically casual lifestyle: creative and artistic, unconventional and freedom-loving. This is also reflected in fashion. This is not about perfection, but about relaxed styling, where you can fully live out your joy of experimenting.

The Bohemian style is the perfect partner for the casual look: ankle and western booties made of suede or smooth leather in a rustic finish. The modern Boho look combines elements from the hippie movement with

vintage and ethnic styles. In shoe fashion, the hippies' closeness to nature is expressed through natural tones - the so-called 'earthy colours' - which range from green and grey to cognac and brown. Despite all the casualness, thick block heels provide traction for booties and long-shaft boots. Stylistic influences of the Boho movement manifest themselves in knotted straps, leather fringes and ethnic webbings.

[www.tamaris.com](http://www.tamaris.com)

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Design

# Lago: Stylish bathrooms

**Daniele Lago** says: "Our approach to design puts people firmly back in the centre."

## Depth Basin

A transparent window of water created from an 8-cm-thick shelf. The Depth basin plays with a feeling of an empty, open void with its inclined bottom in clear glass. Wildwood, made from centuries-old oak with a sculpted grain, adapts perfectly to the space and creates an elegant surface. The material has been heat treated, making it highly resistant to liquids for renewed hold.

## Kera Basin

The new Kera basin is particularly practical and original, thanks to its ceramic structure, matt enamelled finish and rounded shape. It can be used in different contexts and adapts to both shelves and base units for solutions offering more storage space. Available in seven colours and five different sizes, it adapts perfectly to any space needs, creating a refined, designer bathroom space in which every detail has been carefully thought out.

## 36e8 Basin

The glass top has been heat treated to create a practical, curved basin, built into the 36e8 base units. This makes for versatile storage space and allows you to design your



space in different finishes and sizes. Glass can be melted and moulded to create the perfect sized basin for the base unit in which it will be built. It is available in all of the LAGO colours and Metal XGlass finishes.



## Cellule Basin

This circular, wall-mounted basin is made from Cristalplant and lacquered on the outside. The bowl is surrounded by small circular stands that look like cells, either in Wildwood or coloured glass, as well as a metal towel rail. The simple shapes make for a perfect composition that creates an innovative, relaxing space in which to take care of yourself.

**“ THIS CERAMIC  
BASIN DEFIES  
GRAVITY ”**





**Skin Basin**

It looks as though the decoration is peeling off the wall like skin to give form to an elegant, refined washbasin. Supported by a solid steel base and clad in resin or with mosaic tiles measuring 2x2 cm. This innovative designer piece is perfectly angled so that the water drains away harmoniously. The basin is ideal for sophisticated and elegant private spaces, as well as in hotels, restaurants or wellness areas.

**Inbilico Basin**

This ceramic basin defies gravity. The cylinder-shaped bowl is angled, as though capturing a precise moment frozen in time. The direction of the basin can be decided during installation, in line with aesthetic and ergonomic requirements. The ideal choice for furnishing your bathroom in an original way. [www.lago.it](http://www.lago.it)



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Shopping

# Shopping



**Hermes Astrologie Nouvelle**

The Arceau watch, designed by Henri d'Origny in 1978, lends itself to a new expression of expertise: wood marquetry. Its discreet gold case, topped by asymmetrical stirrup-shaped lugs, frames a dial crafted from tulipwood, picking up the design of the Astrologie Nouvelle silk scarf. Reinterpreted by Cyrille Diatkine in 2012, it expresses the rhythmical cadence characterising the flow and acceleration of time.

[www.hermes.com](http://www.hermes.com)



**Diamanti Per Tutti**

Diamanti Per Tutti has its roots in Antwerp. Apart from being the diamond capital of the world, Antwerp is also renowned for its world-class fashion heritage. A perfect breeding ground for a contemporary jewellery brand which makes timeless diamonds fashionable, fun and accessible. Cosmo Earrings: €495

[www.diamantipertutti.com](http://www.diamantipertutti.com)



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## LIFESTYLE

Shopping

OMEGA's commitment to design, innovative materials and outstanding quality extends to everything the Swiss watch brand touches. This know-how is now also reflected in a timeless collection of quality jewellery, which harmonises elegantly with the iconic watches of the house. For the first time, watch lovers will be able to adopt the complete OMEGA look. Flower Bracelet 18K Red Gold Carnelian: **€1,230**

[www.omegawatches.com](http://www.omegawatches.com)

### OMEGA



### Dolce & Gabbana brand

These foldable sunglasses attracted all eyes during the Autumn-Winter 2019-2020 fashion shows of the Dolce & Gabbana brand. They are adorned with metal circles supported by an original gilded metal hinge bridge and decorated with a grosgrain motif. The thin metal branches are foldable, thanks to a hinge positioned after the acetate sleeve. Men's Sunglasses Collection: **€800**

[www.dolcegabbana.com](http://www.dolcegabbana.com)



### Julémont

DÔME, the first iconic model of Julémont watches, will be available for pre-order in October 2019 on the website. Buyers can also configure and customize their watch by choosing the case, dial and bracelet of their choice. A new way for the modern man to express his singularity with elegance and a zest of daring.

[www.julemont-watches.com](http://www.julemont-watches.com)



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Shopping



**Boucheron**

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[eu.boucheron.com/en\\_eu](http://eu.boucheron.com/en_eu)



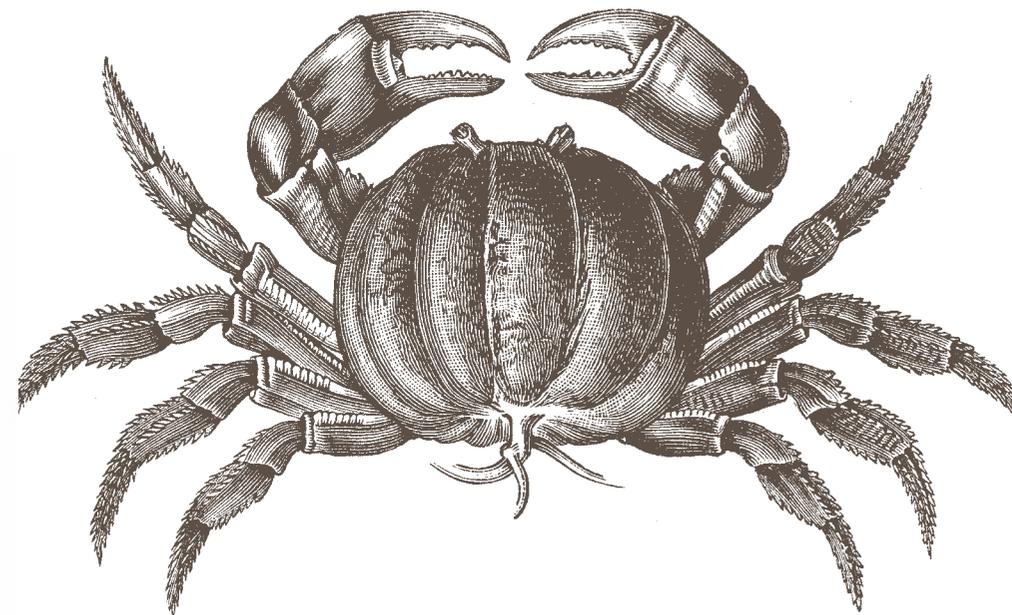
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[www.chaumet.com](http://www.chaumet.com)



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## LIFESTYLE

Shopping



### Bvlgari Octo Roma Monete

Bvlgari is thrilled to introduce the most expensive high-end timepiece ever made, as well as several other extraordinary styles. These breathtaking 4secret watches — so called because the dial is discreetly hidden within the design — are the pinnacle expression of Bvlgari's inimitable style. From their exuberant beauty to their bold volumes and coloured gemstones, they capture the quintessence of Bvlgari.  
[www.bulgari.com](http://www.bulgari.com)

### Atomium gifts

The Atomium has inspired multiple artists and companies. This time it has led to a great collaboration with Fundamental.Berlin. Available exclusively in the shop of the Atomium, you'll get to discover these extraordinary stationary items inspired by the architecture of Belgium's national symbol. Shop Atomium, Square de l'Atomiumsquare 1, 1020 Brussels, open 7/7 (10h00–20h00)  
[www.atomium.be](http://www.atomium.be)



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NOUVEAU

# Sublime October

Our beauty expert **Caroline Dierckx** says: "A doe-like look, a bright smile, silky hair... The fall-winter trends are bold! We check the must-haves of the season and show off its nicest aspects. There is something for all budgets - all close to home! We don't forget the men, of course, who are also spoiled with new, exceptional fragrances."



1. Castelbajac Homme, 100ml: €59. In independent beauty shops •  
2. Avant-shampooing Régénérescence Naturelle Leonor Greyl, 60ml: €41 •  
3. Skin Caviar Lift Regard La Prairie, 20ml: €430 • 4. J'adore Sparkling Body Gel Jar, 150ml: €84 • 5. Paco Rabanne Lady Million Empire, 80ml: €119



- 1. Spray Baume Hydratant - Authentic Beauty Concept: **€27.95** • 2. Nuxe Prodigieux Absolu perfume, 30ml: **€69** • 3. Charcoal Natural Toothpaste: **€4.50**. On sale chez DI
- 4. Humble Brush soft: **€4.50**. On sale chez DI • 5. Max Factor Lash Revival Mascara: **€18,99**
- 6. Lempicka Green Lover pour homme, 100ml: **€79**. In independent beauty shops



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Dani

Design Technology

# Design: The Jaguar Design Studio

Jaguar has unveiled its new dedicated design studio in Gaydon



**L**ed by Design Director, Julian Thomson, the design brings the entire design team into one purpose-built creative space for the first time in the brand's 84-year history.

The studio, in Gaydon, Warwickshire, UK, is built around a 'Heart Space', putting people

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at the centre of the design journey, supporting a seamless workflow between creative and engineering teams. This collaborative central hub will bring together the diverse and creative 280-strong team as it designs future generations of Jaguars



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Le pantalon supplémentaire **59€**



«Un prix défiant toute concurrence, in-dis-cu-table» (Pointure) - «Rapport qualité-prix imbattable» (Capital)

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**PARIS 6°** 116, bd St Germain  
**PARIS 7°** 39, bd Raspail  
**PARIS 8°** 11, rue La Boétie  
**PARIS 8°** 76/78, av. des Champs Elysées  
**PARIS 8°** 4, rue Chauveau Lagarde

**PARIS 15°** 325/327, rue Vaugirard  
**PARIS 17°** Palais des Congrès  
**LYON 1°** 38, rue Edouard Herriot  
**LYON 2°** 4, rue Childebert  
**LYON 6°** 51, cours Franklin Roosevelt  
**MARSEILLE 6°** 32, rue Montgrand  
**AIX-EN-PROVENCE** 25, rue Thiers

**NICE** 30, rue de l'Hôtel des Postes  
**TOULOUSE** 40, rue de Metz  
**ANNECY** 7, rue Sommeiller  
**LILLE** 55, rue Esquermoise  
**NANTES** 3, rue Rubens  
**BORDEAUX** 12, rue Montesquieu  
**BRUXELLES** Galerie de la Pte Louise

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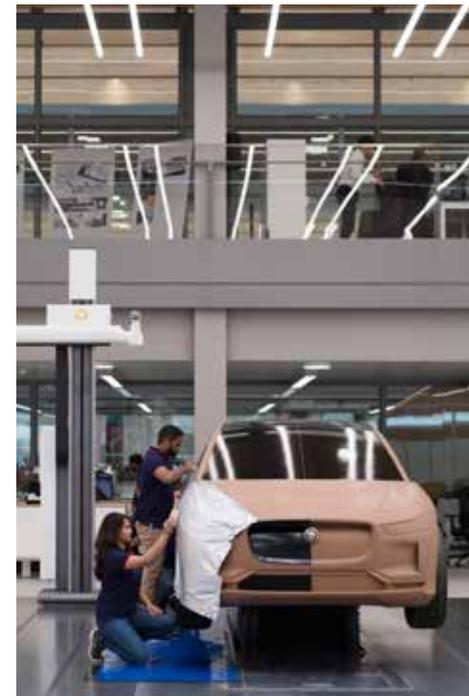
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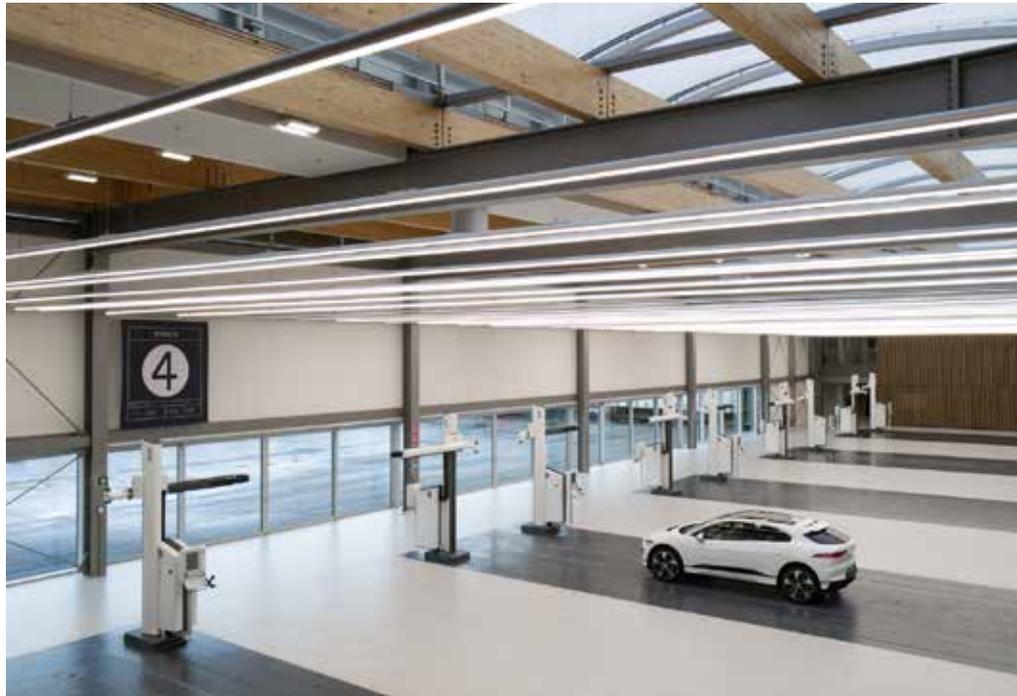
New Design Studio allows 20 full-size clay models to be worked on simultaneously doubling the floorspace of the prior site.

Jaguar Design is made up of designers from across the globe and from a range of industry backgrounds, including fashion, watch-making, sports and gaming. Being drawn from such different spheres of design helps the team deliver its ‘Jaguar’ interpretation of Britishness using contemporary materials and processes.

Those processes utilise industry-leading technology, featuring industry-leading modelling robotics, Virtual Reality (VR) and an

# LIFESTYLE

Design Technology



11-metre 4K digital display wall.

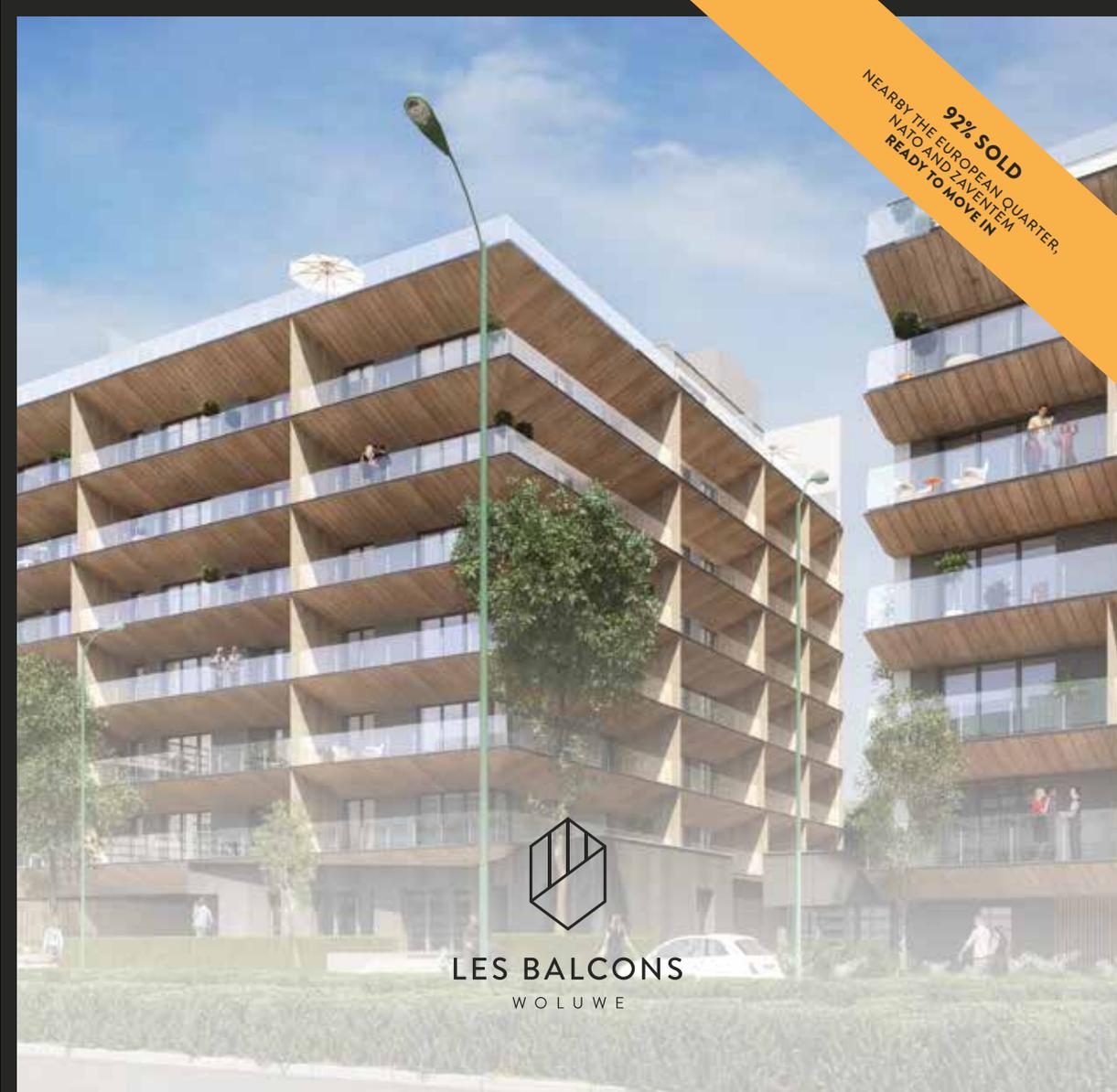
The floor area of the new Jaguar Design Studio measures over 12,000m<sup>2</sup> – double that of the previous studio spaces based in Whitley.

Jaguar has a unique heritage as a design-led brand and this will always be a central pillar of its DNA, values and philosophy created by Jaguar’s founder, Sir William Lyons. The design team understand the issues that are facing the automotive industry and can respond accordingly through innovation and creativity.

Design Director Julian Thomson says: “The diversity of human expertise and our passion for Jaguar helps us design the extraordinary.”

In total, the new Jaguar Design Studio has 906m<sup>2</sup> of glazing, including three full-length skylights which flood the studio with natural light. The deliberately light and warm nature of the studio is completed by the extensive use of structural wooden beams.

[www.jaguar.com](http://www.jaguar.com)



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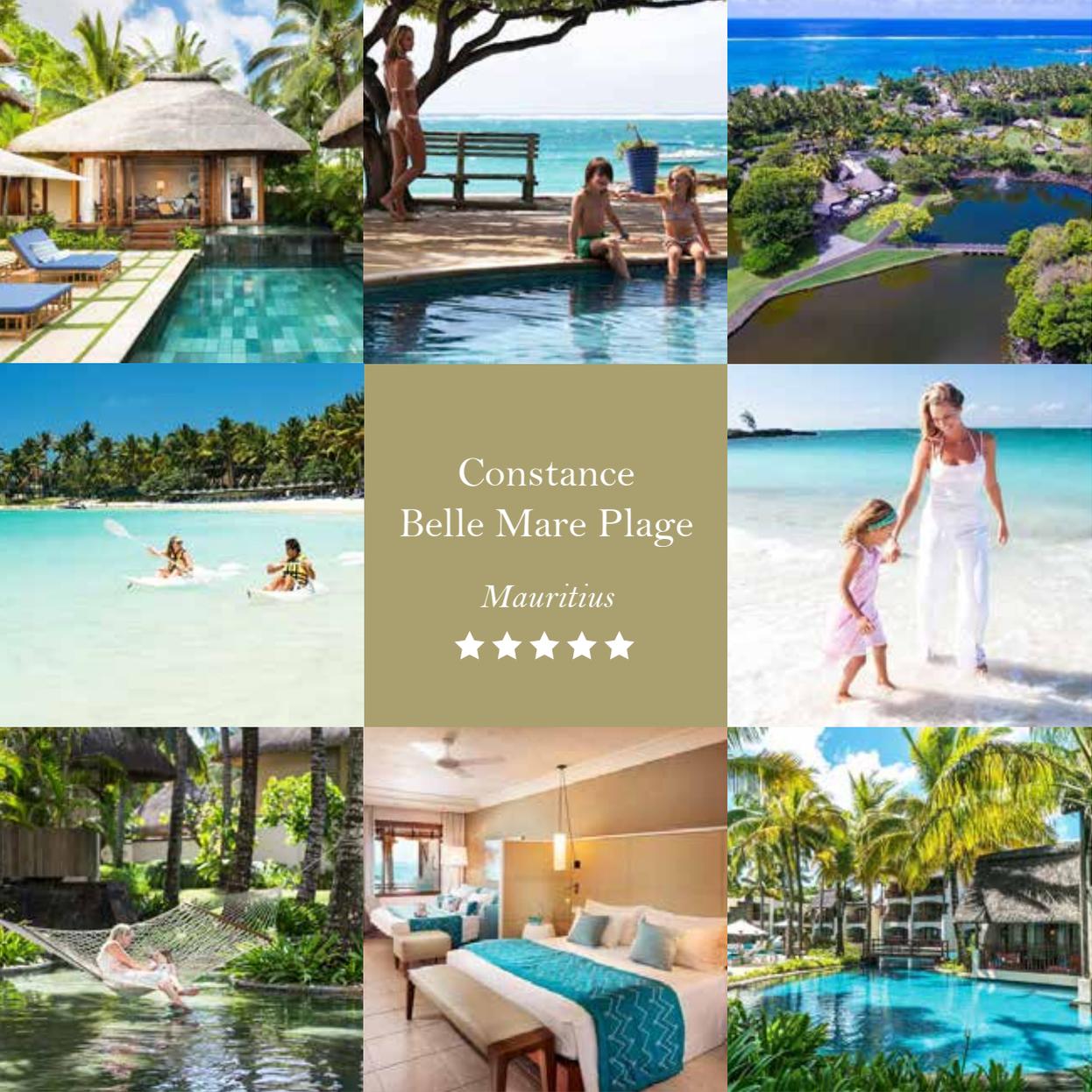
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Shopping deco

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[www.candleandcake.co.uk](http://www.candleandcake.co.uk)



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[www.annabeljames.co.uk](http://www.annabeljames.co.uk)



## Donald dog toy Pet Hates Toys Ltd

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[www.pethatestoys.com](http://www.pethatestoys.com)



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[www.YellowOctopus.com.au](http://www.YellowOctopus.com.au)



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# LIFE OF LEISURE

Off the north-east coast of Phuket lies the tranquil and relatively untouched island of Yao Noi



# Chloe Bennet: An animated movie star

This month, *Together* met up with a young woman who is going places - fast



**M**ore famous for her role as Daisy 'Skye' Johnson/Quake in the Marvel television series *Agents of S.H.I.E.L.D.*, Chloe Bennet's recent work has seen her involved in an animation project that sees her as the voice of a teenage Asian girl helping a Yeti find his parents.

In *Abominable*, 27-year-old Bennet notes a welcome change in that, in purely a voiceover

role, she is not on-screen and, by that logic, "not being judged solely for looks, as a lot of women are". More than that, she is enjoying a new challenge of taking on a project that doesn't rely on make-up, hair, wardrobe or anything else beyond her voice.

Bennet – born Chloe Wang, to a Chinese father and a Jewish American mother – moved to China to follow her dream of



**“ MOVED TO CHINA TO FOLLOW HER DREAM OF BECOMING A SINGER ”**



**“ I WAS A STUBBORN, CREATIVE AND INDEPENDENT KID WHO ”**

becoming a singer, living in the Chinese capital of Beijing with her grandmother on the paternal side of the family. She then moved back to the USA – Los Angeles, to be precise – and changed her stage-name to Chloe Bennet. In 2012, Bennet secured a role as ‘Hailey’ in the ABC drama *Nashville* and later that year was cast as ‘Daisy’ in *Agents of S.H.I.E.L.D.*, a character she has played ever since.

In *Abominable*, Bennet plays the voice of teenager Yi, who after discovering a Yeti on the roof of her apartment building, embarks on an epic quest – along with her two friends – to reunite the magical creature with his family. But to do so, they must stay one step ahead of a wealthy financier and a determined zoologist who want to capture the beast for their own gain.

**Together: So, what can you tell us about this new film and how different is it after six years in Agents of S.H.I.E.L.D.?**

Chloe Daisy and Yi are very similar in the fact that they are kind of stubborn, curious, confident and longing for something more. They are also both searching for home. Yi reminds me a lot of Skye in season one and season two when she was looking for her family and also looking for where she belongs.

**How similar to you is the character?**

Yeah, we are quite similar, and I think that the only thing that Yi and I don’t have in common is that she is really amazing at playing the violin, whereas I don’t know how to play it at all. Yi is just everything that I wanted to see in a girl, because I don’t really relate to princess characters and to be honest, I didn’t even get to watch films or TV programmes starring princesses when I was growing up – mainly because I have six brothers and I was constantly in the minority when it came to voting for what we were choosing to watch! [Laughs].

I was a stubborn, creative and independent kid who was someone who wanted so much more out of everything I did or was involved in and Yi is very much that type of character,



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**“ HOME IS  
WHERE THE  
HEART IS AND  
THAT IS HER  
POWER ”**

as well. She gets in trouble a little bit, but, ultimately, they are the traits that become very rewarding, and being part of this film is something which I feel is somehow part of Yi's journey, if that does make sense.

**What would happen if Yi had Daisy's superpowers?**

[Laughs]. It would probably be a very short movie and then everything would be done very quickly. However, I do think that Yi does have a superpower and what I love about Daisy is also the same as what I love about Yi. Daisy has quick abilities, but her power is so much more about who she is as a person, and I think that is also emblematic of Yi. She discovers herself and her confidence as well as her family, and that home is where the heart is, and that is her power.

**The film has some stunning scenes, doesn't it?**

I really love the canola fields and the flowers in the film, but I really loved all of the movie. The animators did such a gorgeous job with the film, and I loved the part with the blueberries, which I know is not real, but those big blueberries, I would love to get my hands on them!

But also, it's a film where all of the locations are real, which I know seems crazy with it being an animated movie, but it's true – they are all completely real places that we went to and did filming in. I feel a bit bad because the way that those places look absolutely incredible in this film, may not look exactly as they would do if you went to them in real life. But the locations we went to are still amazing places.

**I've heard that you got to lay your voice down for the character of Yi as audio, and then wait for the animations to match with them. What was it like when you saw the result?**

Yeah, I have actually been doing this project for about three years, so I have had to be at my most patient, more than any time in my whole life! [Laughs] But to be honest, the whole thing kind of crept up on me, and as it coincided with the filming I was doing for the

Interview

new series of *Agents of S.H.I.E.L.D.*, I would go in to do the voiceovers for Yi in the afternoons that I had available – so, maybe a couple of hours and then back the next time.

The next time that I did go in, every time without fail, there had been more development in between, and then after a matter of time... it was just there, right in front of me and time had flown over and I could see the results. What you have to have when you are doing voiceover work for film or TV is an incredible amount of imagination and also a whole lot of energy. That wasn't something I was expecting at all, and I had to really adapt to that. It's so different to being on screen as yourself.

Mainly because you don't have someone there to bounce off, you do all of the voice recordings by yourself. You don't have a wardrobe to assist you in getting into that character and make it authentic, you don't have a makeup department, no hair stylists, nothing at all like that. Your voice is the only thing that you aren't stripped of, and that becomes your tool to act, which becomes a totally powerful thing. That is so big when you are a woman, especially because you're used to it when people reduce to judging you almost entirely on how you look.

That's an insecurity that you can see in those who get that in front of the cameras. So, that felt like an experience where I was really freed up.

**If you could take one of Phil Coulson and Melinda May from *Agents* with you into the *Abominable* movie, who would it be?**

I can't believe you are making me choose between those two, as they are almost like my family! They are going to both want to kill me if I said one or the other. Well, maybe because May is Chinese, she has maybe been there already, so I would take Coulson. But no, I would take both of them.

**Equality for women is something which, as an issue, has been raised a lot over the past couple of years. How are things for you?**

**“ IT'S A FILM  
WHERE ALL OF  
THE LOCATIONS  
ARE REAL ”**





## “ AN INCREDIBLE AMOUNT OF IMAGINATION ”

I think that the biggest thing for equality, whether it is for women or Asian women or Asian-American women, is really just representation on screen. I think that the power of storytelling is amazing, and it means everything to me, it's why I got into acting. I remember growing up and thinking that I wasn't pretty enough, because I didn't look white enough. Or that I wasn't good enough because I wasn't Chinese enough, or I wasn't white enough.

But it has kind of taking me playing the role of Daisy and characters like Yi, to feel comfortable in myself. It has given me the feeling that everyone should have about

themselves, that I am great and special because I am so different and because I am who I am. It is just as important for boys to see powerful women as it is for girls, and seeing characters on screen who inspire you as a young kid, that's really important.

**You've also talked about how Asians are represented in Hollywood and Abominable is a great advertisement for that...**

Thank you. Yeah, it really is, but also, it is a film written, starring and directed by women of so many different types and that is all really great, but also as important, it is a really great movie. 🍿



Situé sur la prestigieuse Avenue Louise, au pied de la tour ITT, le Callens Café s'exhibe dans un décor contemporain où il est de bon ton de voir et d'être vu. Ce lieu branché de la capitale est en outre doté d'un espace, aménagé comme un appartement indépendant raffiné et privatif, pour organiser vos événements business ou privés. On croise toujours une célébrité au Callens Café ! Ce qui n'est que normal au vu de sa cuisine créative qui ravit tous les palais pour un prix plus que raisonnable... Le midi, cet élégant restaurant fait le plein d'une clientèle business se régaland de «quick dishes» servis en un temps record. Le soir venu, aux plaisirs de l'assiette se mêle une ambiance toujours plus festive. Pour les belles soirées d'été, une nouvelle terrasse verte à l'abri du vent et chauffée n'attend plus que vous pour déguster les différents mets goûteux arrosés d'un bon verre de rouge.

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Travel

# Thailand: Six Senses Yao Noi

Melanie de Lacy Staunton develops a sixth sense for spectacular service

Photo © Six Senses Yao Noi, Kiattipong Panchee



If you want to experience one of the most hypnotic views in the world, a master class in hospitality and feel like James Bond all at the same time, then keep reading... oh and book a stay immediately at the Six Senses Yao Noi! Off the north-east coast of Phuket lies the tranquil and relatively untouched

**“ NATURE AT ITS MOST ASTOUNDINGLY IMPRESSIVE ”**

island of Yao Noi. A place for those looking to take a breather from devices and focus on wellness, indulge in culinary excellence and be utterly re-energised by nature at its most astoundingly impressive.

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Travel

Ao Por Grand Marina. The marina itself feels ultra glam, and Matty, who met us at the car and escorted us to the Six Senses private boat, welcomes you with such warm energy, that I thought surely we must have met before. However, I soon realized this homely feeling is a magic that everyone who works at the Six Senses seems to possess, and I certainly fell under the Six Senses spell...

The boat journey to the hotel is an adventure in itself. You soar past the incredible limestone cliffs of Phang Nga Bay and suddenly feel as if you've crossed into a *King Kong* movie as you stare in awe at the myriad of stunning undiscovered islands



punctuating the sea. As you pull up to the Six Senses, the view of the villas carefully integrated with the local environment is beautiful and very thoughtfully done, but then you turn around and see the astonishing limestone karsts the hotel is facing, and you are hit with one of the most captivating views I have ever seen in my life. Even on our last day, I was still completely entranced by these limestone giants piercing the water like nature's very own skyscrapers.

As we stepped off the boat we were met by a diverse range of the hotel's team, again being made to feel incredibly welcome. Guests had an individual buggy awaiting them with their names on the back, which I loved! Such a thoughtful touch. Then off we zoomed to our room for check-in. Every guest is assigned a GEM, a guest experience maker, who looks after everything you need and organizes all your activities for the day to make sure you get the most out of your stay without having to lift a finger. GEMs make sure you have customized hospitality, catering specifically to you and make you feel utterly pampered.

The villas at the Six Senses Yao Noi are designed with a rustic cabin feel, in keeping with the lush tropical surroundings. All rooms have a sizeable plunge pool and are very spacious. I strongly recommend booking a room with an ocean view, and if you want to splash out on an Ocean Panorama Pool Villa or a Beachfront Pool Villa you will not regret it.

The first thing we did, after completing check in, was an eco-tour of the property. I must admit I have been dying to experience a Six Senses resort, because I was intrigued to see if they really do live up to their environmentally conscious reputation. I. Was. Stunned. The effort, research and pure genius that is behind the sustainability employed at the Six Senses Yao Noi was far beyond anything I have ever seen. There was not one plastic bottle in sight; they have an Earth Lab where they have thought of the most creative ways to reuse everything from



# Spacious · Inviting · Different



Travel

wood to wax to glass. They have their own water system, which they have also installed in some of the local hospitals and schools, and they have a fountain that aerates the water and is reused for irrigation.

Additionally, the Six Senses Yao Noi grows a lot of their own produce. They have a chicken farm, duck pond, mushroom hut and vegetable garden. Furthermore, they have goats - a particularly dashing one is called Elvis! You can even pick your own eggs for breakfast straight from the chicken coop. I was so impressed by the sheer dedication put into creating a sustainable hotel that I couldn't help but adopt some of the Six Senses practices at home.

The other wonderful thing about having such fresh ingredients on site is that dining becomes a completely elevated experience. The breakfast was hands-down the freshest and most authentic hotel breakfast I have ever had. Dinner at the Dining Room was great. Every dish, an intagrammer's dream and a food critic's rave review. One of the coolest features is their crystal water. A special mention must be given to the menu, but especially the Saffron Pappardelle, which I still dream about and long for another bite. And guests are welcome to unlimited free ice cream at the ice-cream parlour.

I couldn't resist visiting the famous Six Senses Spa to see what they have in store for their guests. The spa felt like a calm, tree-canopy oasis, with an emphasis on wellness and a delicious juice bar. The treatment room was stunning, and the outdoor shower amongst a trickling waterfall was the perfect mood setter. The service was wonderful, and the treatment was expertly executed.



Whilst visiting the Six Senses, unfortunately the famous Hilltop Reserve was being renovated. However, in its place they opened up the Ocean Retreat to guests and created a beach pop-up which was fabulous! Two pools, a garden and direct access to the beach was the ideal way to spend the day, and with the picturesque, unobstructed view of the ocean, limestone cliffs and a cocktail in my hand, I was set!.

The hotel has two beaches, my favourite being the Mai Tai beach as it was very calm for swimming and private. At night, they also do movie screenings on the beach under the stars with popcorn, I mean they really have thought of everything.

As you are right in the mix of Phang Nga Bay, Phi Phi, Phuket and Krabi, there are many excellent boat excursions you can do. We embarked on the local Tuk Tuk tour and this was a fantastic opportunity to engage with the community, visit rubber plantations and even get a fresh coconut directly from the tree. Moreover, I would highly recommend taking out a paddleboard or kayak, because the sea is so calm and the view is unreal.

I haven't been able to stop thinking about the Six Senses Yao Noi since I left. The integrity of this hotel is truly unparalleled. If you are someone looking for thoughtfulness, inventive sustainability, food at the highest level, warm and very caring staff and a view that is possibly one of the most mesmerizing on earth, then without a doubt this needs to be your next holiday destination.  
[www.sixsenses.com](http://www.sixsenses.com)

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Dining

# Common ground, Vietnamese style

**Gemma Rose** recommends two delicious lunch eateries

**A** good lunch place is a must in Brussels, especially if you are on the go. Thanks to my husband's daily search for the ultimate lunch, he introduced me to two great restaurants, which, on the surface of it, do not seem to have so much in common: Beautifood specializes in salads, whereas Banh Mi Express in Vietnamese sandwiches. But on closer inspection, there is more common ground than you think: daily fresh food, the owner's deep passion for their food and a devotion to Vietnamese cuisine, culture and work ethic.

Beautifood is based in Flagey and sells daily fresh salads with a hot *plat du jour* on rotation. The salads, which can be up to twelve varieties, and prepared the same morning, are a force to be reckoned with. Take 'Quinoa Punch', which is packed with red and white quinoa, grilled cauliflower, cucumber, tomato and cranberry. My favourite, 'Transit Fellow', contains soba noodles, aubergine, mango, coriander, red onion and sesame seeds. The *plat du jour* is usually a south-east Asian dish: wonton soup, pad Thai noodles, grilled prawns - and

**“ THERE ARE A THOUSAND WAYS TO PREPARE A SALAD ”**

it's made fresh on the spot. I have to admit the pad Thai was one of the best I've ever tasted, and the most authentic in my view - the perfect mix of sweet and sour, the flat rice noodles soft and bouncy. The portions are generous and good value for money.

Photo © Thanh Tam Vo and Karen @C-Mine



I met its chef and co-founder, Yen Mai, who hails from Vietnam. She has had an incredible journey from Hanoi, where she would help out at her mother's food stall as a child, to babysitting for French and Italian diplomat families in Hanoi, learning their cuisine and culture along the way. Her good fortune and hard work landed her eventually in Brussels, where, even though she had a talent for cooking and food preparation, she chose instead to study communications management. However, this career path wasn't meant to be and instead she went to work, climbing her way up the ladder from restaurant waitress, to manager, culminating - unconventionally and with great success - to the chef of the Gaudron restaurant in Uccle.

Back in Hanoi, having been exposed to extraordinary European cuisine, she had thought about opening a restaurant. Her dream came true in Brussels, in 2017, when she and her husband launched Beautifood. The stars of her establishment are her salads. "People would say, 'Ah salads, boring!' But I don't agree," she says. So, the premise behind Beautifood is to enjoy vegetables the way they are supposed to be: tender and light, and to debunk the myth that salads are boring. "In Vietnamese cooking, there are a thousand ways to prepare a salad, we can put so many products together to make one." The result is the diverse and interesting produce she puts in her exquisite salads.

Banh Mi Express, originally started as a food truck, and still runs as one for festivals. The

business has two restaurants, in Schuman and a new branch in downtown Brussels. Banh mi is a Vietnamese baguette, with cold or warm meat fillings, served on a bed of pickled carrots, cucumber, coriander, daikon (a type of white radish), mayonnaise or pâté, with peanuts and fried onions. The baguette itself is light and airy on the inside and crunchy on the outside. You can also choose a rice or noodle salad instead of a baguette with the same flavours and fillings. The pulled pork baguette was this year voted as the

**“ I THOUGHT ABOUT BETTER WAYS OF DOING IT ”**

Photo © Yen Mai Nguyen



Dining

best festival food of the *Tomorrowland* music festival by the restaurant guide Gault & Millau.

Thanh Tam Vo and his wife Karen started the business four years ago. Like Yen Mai, Tam (as he likes to be known as) also helped out at his mother's Asian food takeaway, in Begijnendijk in Flanders. Although he became an IT professional, his thoughts about how to modernize Vietnamese food lingered in the back of his mind. He didn't like how Vietnamese food was adapted to Belgian tastes nor the inefficient way it was prepared: made from scratch, on the spot and lengthy preparation. "Good IT people are lazy," he chuckles, "they always want to automate things. I thought about better ways of doing it, whilst preserving its quality and fragrance."

The production process is probably one of the business' keys to success. The fillings are made in a central kitchen, and the meat is cooked and preserved using the *sous-vide* method to retain freshness, moisture and quality. I love Banh Mi's lemongrass chicken so much because the dark chicken pieces are tender and moist, and the lemongrass marinade is subtle yet flavoursome. The baguettes come from an artisanal baker. The servers behind the counter are fast and friendly, and I only wait a couple of minutes to get my order.

Tam appreciates that catering the lunch crowd means that time is of the essence, but being friendly does not take a back seat. In fact, his wife Karen often talks to customers whilst simultaneously serving them. "We put a lot of thought into improving our service," says Tam, "we know what our customers appreciate and we serve in a friendly way."

Thanks to interviewing Yen Mai and Tam, I've gathered a few pointers of what makes a good eatery. Beautiful is Yen Mai. You see her tastes, her Eurasian influences and



beauty in her dishes and in their preparation. "It's a part of me, it's authentically me. It's really what I want to do." The food she serves at Beautiful is the food she would serve her family, and, by extension, her customers are like family. At Banh Mi, you see the beauty of efficiency at no expense to

quality or customer service. Running their businesses is hard work, the hours can be long, but Yen Mai

and Tam love what they do. They wouldn't do it otherwise. Finally, as with so many entrepreneurs that I meet, they have supportive partners, who have made sacrifices to see these ventures off the ground. "For Karen, starting the business was a leap in the dark as I still wasn't clear about it in my head," says Tam, "Without her, none of what we have now would have been possible."

[www.banhmiexpress.be](http://www.banhmiexpress.be)  
[www.beautiful.be](http://www.beautiful.be)

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OF ME, IT'S  
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Ou Le carpaccio de boeuf au parmesan  
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ODEMARE is a Belgian decoration brand founded in 2019 by Marilyn Vercruysse. After living for a few years in Australia, she decided to transpose the impressions of that beautiful place into a series of design dishes with matching cutlery.

Each piece is mainly made from natural raw materials, such as pressed cores and nut shells. The dishes are therefore an excellent biological alternative to plastic. After colouring, moulding and curing liquid wax, they are finished by hand. Each article is unique - there are no two the same. Inspired by memories of Australia, Marilyn's creations evoke the swirling sea, the splendid waves as well as the landscapes of breathtaking beauty. The link with nature is also found in the name of her brand: 'o' (water) and 'sea' (mare). Together, they form ODEMARE.

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RANDKRANT



# Chocolate and wine: A taste bomb

The Master Chocolatiers of Neuhaus called in... a wine expert



**O**n their own, they are delicious; in combination, the oral sensation is out of this world. Chocolate and wine are a match made in heaven. The right pairing of chocolate and wine brings the hidden aromas in both gourmet treats to the surface, and the result is an astonishing taste bomb. But this is no secret for the Master Chocolatiers of Neuhaus. The founder of the Belgian praline has created a collection of six pralines that make the perfect pairings with red and white wines.

For the creation of its Wine Pairing Collection, Neuhaus called in the expertise of the acclaimed sommelier and wine writer

Sepideh Sedaghatnia. Aided by wine experts from the *Gault&Millau* team, they came up with a collection of six pralines and a selection of wines that place a whole new accent on the traditional tasting ritual. Sepideh and the *Master Chocolatiers* selected a range of surprising ingredients for the pralines that partner perfectly with the variety of flavours that are so characteristic of wines.

The Master Chocolatiers have created three pralines made with different ganache fillings that go perfectly with the tannins and complex variety of flavours that are so characteristic of most red wines. Aficionados

Dining

can choose for a specific type of wine to go with each praline.

- A robust red wine goes wonderfully with a praline with a smooth filling of Earl Grey, mango puree and acacia honey.
- A rather fruity red wine is a particularly good match with an outspoken praline made with saffron, Colombian chocolate, blackberries, pungent rosemary honey and white chocolate.
- A smoky red wine is a good combination with a praline made with cherries, Costa Rican pure chocolate, finished with white chocolate and blackcurrant cocoa butter.

The Master Chocolatiers have created three pralines made with a delicious praliné that is a harmonious match for the smooth, fine acidity and typical primary flavours of fruit, flowers and herbs that are characteristic of most medium-sweet and dry white wines. Here again, aficionados can choose for a specific type of wine to create the perfect taste experience.

- A floral white wine and a praline made with acacia honey, crispy hazelnut praline and cardamom, coated with milk chocolate are a delight for the taste buds.
- A more full-bodied white wine goes well with a praline made with almond praliné and olive oil with a touch of sea salt.
- A dry white wine will find its ideal partner in a praline with mixed seeds, finished with Dulcey chocolate and paprika powder.

**1 + 1 = 3**

Carrying out an optimal tasting is simple: first take a piece of chocolate, then a mouthful of wine and then another piece of chocolate. Both gourmet treats will then reveal their very best characteristics. Try it for yourself; you will be amazed to discover that 1 + 1 can actually make 3!

**The perfect nightcap**

The Wine Pairing Collection gift box is elegant with its luxury finish. It also contains a detailed leaflet with wine recommendations by Sepideh Sedaghatnia and more

information about the ideal pairing ritual. The perfect gift for all lovers of chocolate and wine.

Say goodbye to coffee with cookies; wine with pralines is the new and perfect way to end a convivial autumn or winter evening in excellent company.



**Practical details**

The Neuhaus Wine Pairing Collection is available in all Neuhaus boutiques and at [neuhauschocolates.com](http://neuhauschocolates.com) for €28. A 2016 Tugela River Red Blend and a 2017 Chardonnay will also be available in the Belgian boutiques offering the perfect match for the praline collection. [www.neuhaus.be](http://www.neuhaus.be)

**WHERE TO EAT IN BRUSSELS ?**

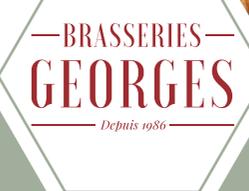
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**More info?** [www.miranobrussels.com](http://www.miranobrussels.com)

**Spirito Brussels:** Located in an old Anglican church, the Spirito has been ranked as one of the most beautiful clubs in the world!

**WHERE?**

Rue de Stassart, 18-22 - 1050 Brussels

**More info?** [www.spiritobrussels.com](http://www.spiritobrussels.com)

Books

# Sartorial India

Scott Schuman's first book for **TASCHEN** offers up a vibrant monograph



An intoxicating mix of colour, pattern, and texture, *The Sartorialist: India* is a photographic tribute to the country's diversity and splendour. Famed American photographer and blogger Scott Schuman journeyed to India many times to capture its wildly idiosyncratic styles, whether on the streets, in markets, on the cricket fields, or at residences in cities such as Delhi, Jaipur, Pushkar and Mumbai.

Schuman's affinity for his subjects is evident, and he celebrates people of all ages and from all walks of life, from ravers, transgender

subjects, wrestlers, surfers, grandfathers and fashionistas to children and workers. He also shines a light on the new India as much as on the time-honoured. The casually chic layering of textiles, the enduring prevalence of traditional attire and India's pure physical beauty all add up to a richly satisfying visual and cultural experience. The images are also illuminated by an introduction by the acclaimed fashion writer Bandana Tewari.

This vibrant monograph is Schuman's first for TASCHEN, and it showcases all the unique qualities that have brought him worldwide

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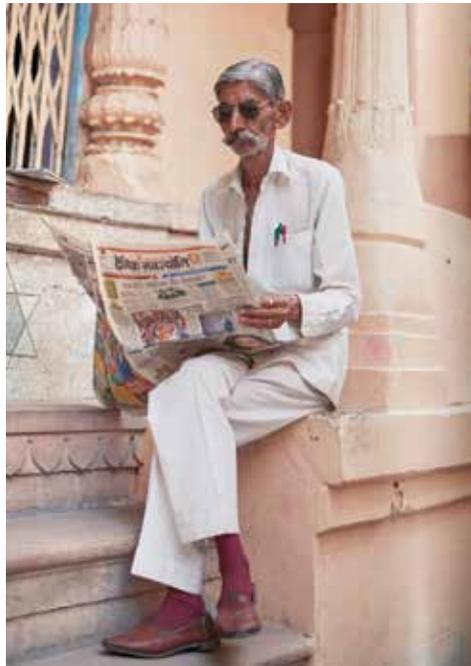


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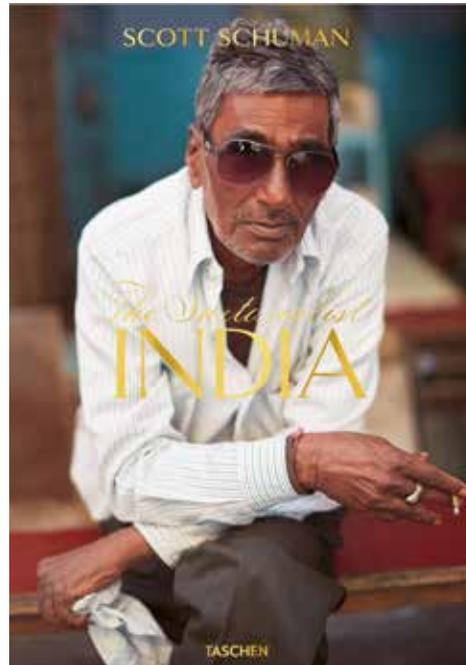
## “ A PHOTOGRAPHIC TRIBUTE TO THE COUNTRY’S DIVERSITY AND SPLENDOUR ”



renown: a photojournalist's eye for a decisive moment, a humanist's sense of empathy and a fashion aficionado's appreciation for design.

### The photographer

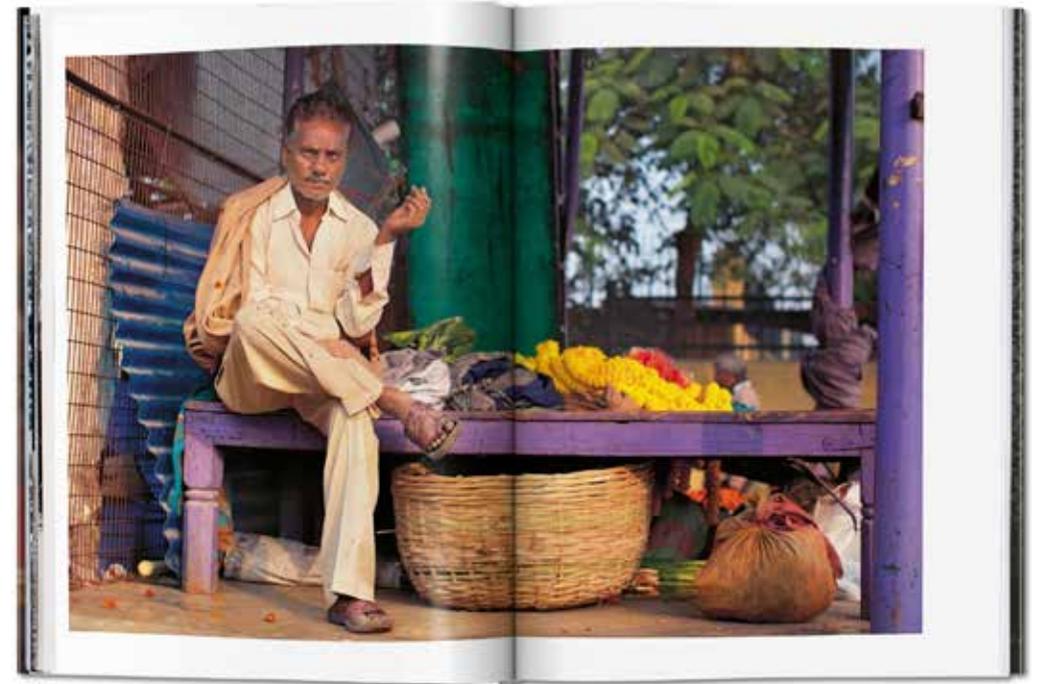
Based in New York City, Scott Schuman had worked in fashion marketing and branding when, in the early 2000s, he began casually photographing stylish people he encountered on the street and posting the images to a blog he called *The Sartorialist*. Schuman quickly garnered an avid following and went on to shoot campaigns for Gap, Verizon,



Nespresso, DKNY Jeans, Absolut and Burberry. His work resides in the permanent collections of the Victoria & Albert Museum and the Tokyo Metropolitan Museum of Photography.

### The author

Bandana Tewari is former fashion features editor and is now editor at large at *Vogue India*. She has contributed to numerous publications, including *Elle* and *Marie Claire*, and writes a column for *The Business of Fashion*.



### The editor

Reuel Golden is the former editor of the *British Journal of Photography*. His TASCHEN titles include *Capitol Records*, *Mick Rock: The Rise of David Bowie*, both London and New York *Portrait of a City* books, *Andy Warhol. Polaroids*, *The Rolling Stones*, *Her Majesty*, *Football in the 1970s*, the *National Geographic* editions, and *The David Bailey SUMO*.

The Sartorialist. India

Scott Schuman, Bandana Tewari, Reuel Golden

Hardcover, 26.7 x 37 cm, 300 pages

TASCHEN Store Brussels, Grand Sablon/  
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Brussels

[www.taschen.be](http://www.taschen.be)

What's on

# What's On Belgium

## Teresa Margolles - TU T'ALIGNES OU ON T'ALIGNÉ

BPS22 is hosting the first solo exhibition in Belgium by Teresa Margolles, probably the most influential Mexican artist of her generation. The exhibition will showcase pieces produced especially for the occasion drawn from the environment of the town of Charleroi, as well as some of the artist's significant works.

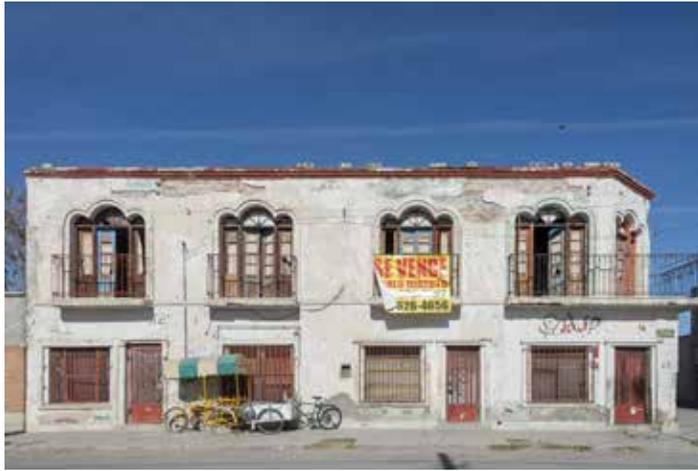


Photo © demoldaj/Teresa Margolles/Galerie\_Peter Kilchmann, Zurich

For her exhibition in BPS22, Teresa Margolles has wandered through the city day and night to meet people in order to grasp the context of the city of Charleroi. She also wanted to produce new works that are directly connected to the city, its history and present state.

Besides these pieces, major works of the artist will also be presented to illustrate the width of her work. The exhibition will show Teresa Margolles' desire to lift local social issues to a global level. **January, 2020.** Musée de la Photographie, Charleroi. [www.museephoto.be](http://www.museephoto.be)

## Filem'on

The international film festival for young audiences, Filem'on is holding its 12th edition this year. During 10 days, we'll be showing unique films to schools, families and associations in various theatres and cultural houses of Brussels. More than 130 films, in all formats and of all genres, for children and teens between 2 and 16, will be programmed in our competition. Like every year, some of the directors are presenting their movies to the public, in the theatre. Words will be the main theme of this edition, with digital and



Zébulon et le dragon

analog workshops, visual performances and film classics programmed around it. Step into our time machine... **24 October-3 November.** BOZAR. [www.filemon.be](http://www.filemon.be)



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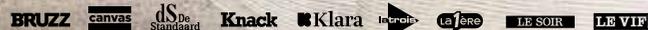
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LIFE OF  
LEISURE

Advertorial

# VIAGE GRILL: A mouth-watering experience

We look at a dining venue in the centre of Brussels that has everything it takes for a great night on the town

**Y**ou are whiling away a few pleasant hours in VIAGE Casino in the heart of Brussels, playing roulette, blackjack or the slots, when you suddenly feel hungry and thirsty. But where to go? The in-house steakhouse VIAGE GRILL, of course.

As soon you walk you into this recently updated restaurant you will be greeted by the wonderful aromas of the dishes coming out of the busy kitchen – only the best produce is used here.

The other thing that stands out is the setting – there are no lights flashing and no bells ringing, this is a cosy, warm atmosphere in direct contrast to the hustle and bustle of the casino floor. You know immediately that you are in a real steakhouse.

Whether you like your meat smoked or grill you are in for a real treat. In the very heart of Brussels, you can enjoy delicious barbecue dishes all year round. Of course, fresh, crispy salads and delicious seafood are also on the menu, and there is an impressive drinks menu to wash it all down with. VIAGE GRILL keeps it simple – high-quality produce is king.

Worth noting that the restaurant uses a genuine Australian 360° grill which ensures



that the quality meat and fish is seared so that those wonderful juices do not escape – it's also healthier because there is no need to add oil. The steaks really are of the highest quality, helped by the fact that the locally-sourced Bleu Blanc Belge and Black Aberdeen meat is dry-aged on the premises

Mouth-watering? Yes!

But there's more to VIAGE GRILL – it's also a great place for all manner of gatherings, events such as office parties, anniversaries and much more. And you and your guests get to waive the €10 entry fee to the casino, which includes €5 worth of casino chips.

So, once you have finished a fine meal of succulent grilled lobster, or perfectly cooked meat dishes

supplemented with crispy grilled seasonal vegetables, or a delicious truffle mac & cheese, you can finish off the evening taking on the odds in Brussels' finest casino.



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**Tel: +32 2 300 01 00**  
[www.viage.be](http://www.viage.be)

What's on

**Opera - Jeanne d'Arc au Bûcher**

Not only immortalised on the silver screen, Joan of Arc has also inspired many composers, such as Verdi and Honegger. In 1935, the latter created a truly original work in which the life of the Maid of Orleans is narrated backwards, from her death sentence to her childhood. This kaleidoscope of memories and emotions is interpreted by choruses, two impressive spoken roles, and an unusual orchestra, which includes saxophones, ondes martenot, and keyboards. Kazushi Ono offers an intense



reading of this rich and varied score. Romeo Castellucci's staging delves into the different layers of sediment that have accumulated over Joan of Arc down the centuries. In doing so, he reveals the heart of the legend. **5-12 November.** La Monnaie, Brussels. [www.lamonnaie.be](http://www.lamonnaie.be)

Pablo Picasso, *Odalisque* 1968



**La Celestina of Picasso**

In the centre of Antwerp, you will find the special Museum De Reede at the Steen Castle. The exhibition allows for a specific collection of etchings to be seen, which Picasso himself bundled together under the name *La Celestina*. At the age of 85, Picasso makes his final major Suite etching, *Suite 347*, in his residence in Mougins in France. This collection of etchings reveals Picasso's fascination for the Spanish literary personage of La Celestina. She is the primary character in *La Tragicomedia de Calisto y Melibea*, a novel in dialogue form by Fernando de Rojas from 1499. *The Caprichos* by Goya are on permanent display in the museum. Museum De Reede, Antwerp. [www.museum-dereede.com](http://www.museum-dereede.com)



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What's on

**Bruegel, A Poetic Experience**

For the 450th anniversary of the death of Pieter Bruegel the Elder, the Atomium will present an interactive exhibition about the Flemish Renaissance painter. Thanks to big reproductions of his work, the visitors will dive into the heart of the world of Bruegel. The exhibition *Bruegel, a Poetic Experience* presents both known and unexpected facets of his work and personality. Pieter Bruegel the Elder (1525–1530 – 9 September 1569) was the most significant artist of Dutch and Flemish Renaissance painting, a painter and printmaker from Brabant, known for his landscapes and peasant scenes (so-called genre painting); he was a pioneer in making both types of subject the focus in large



Pieter Bruegel the Elder, The Procession to Calvary, 1564

paintings. **Until 13 September, 2020.**  
Atomium, Brussels.  
[www.atomium.be/expo\\_bruegel](http://www.atomium.be/expo_bruegel)

**Manfred Honeck, Pittsburgh Symphony Orchestra**

Manfred Honeck conductor – Igor Levit piano. *Larghetto for Orchestra* by James MacMillan, *Rhapsody on a theme by Paganini*, op. 43 Sergei Rachmaninoff, *Symphony no. 5*, op. 47 Dmitry Shostakovich. Piano virtuoso Igor Levit examines every score as if it were his first. His open mind, his thirst for knowledge and the bold choices to which this sometimes leads make every concert an experience. Along with the Pittsburgh Symphony Orchestra and Manfred Honeck, he gives his own take on Rachmaninov's *Rhapsody on a Theme of Paganini*. Last year, *Forbes Magazine* places Manfred Honeck's recording of Shostakovich's *Fifth Symphony* with this very orchestra as one of the ten best classical recordings of 2017. **7 November.** BOZAR, Henry Le Boeuf Hall Prices: **€32-€132** - [www.bozar.be](http://www.bozar.be)

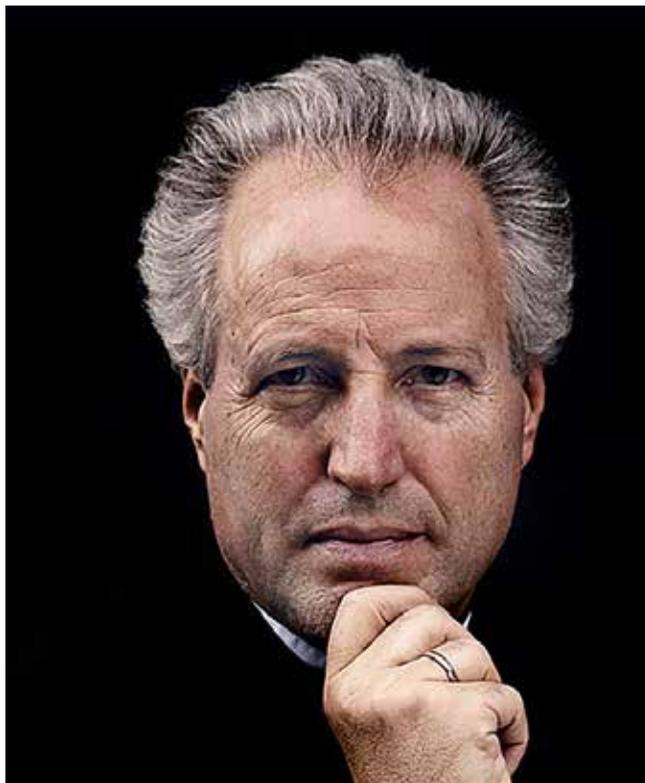


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What's on

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[www.yogawithmyriam.com](http://www.yogawithmyriam.com)

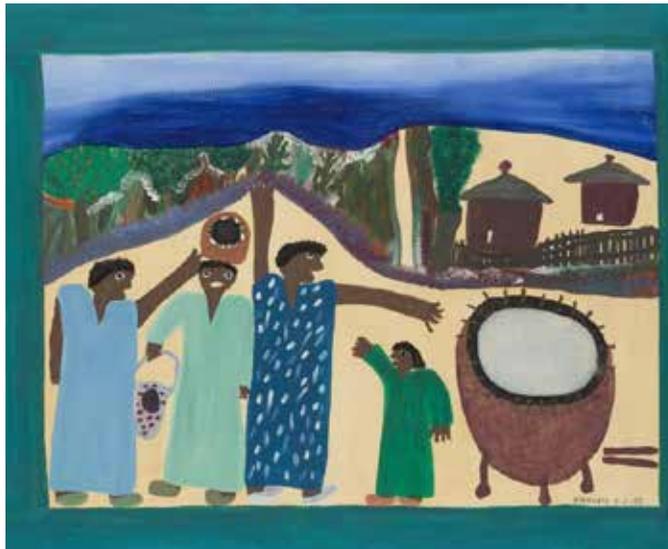


**The Cabinets**

Contemporary museums exhibit work by professional artists. Few museums focus on collecting and exhibiting work from original talents, people who did not get the opportunity to study art or who are not part of the regular art circuit for one reason or another. They are usually artistic loners, nonconformists, who make unorthodox choices in terms of the materials and techniques they use. Their motifs are often personal. Their works are intense and unique.

The Cabinets provides a platform for 'solitary creators' whose work will be arranged in changing presentations - recent acquisitions are exhibited, vulnerable works are returned to the depot and new themes are addressed.

[www.museumdrguislain.be/en](http://www.museumdrguislain.be/en)



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LIFE OF  
LEISURE

What's on International

# Paris

We look ahead to the upcoming festivities in Paris

The city has a vibrant nightlife scene with a varied range of lively night spots. And as the festive season approaches, every show in the capital takes on an air of magic... Paris's cabaret venues enjoy cult status and continue to dazzle visitors from all over the world. From the Lido and the Moulin Rouge to the Crazy Horse and the Paradis Latin, all the Paris cabarets step up the tempo for the festive season for a magical experience you will never forget.



Moulin Rouge

Paris is foodie paradise – all the more so as the festive season gets going. Indulge in some irresistible treats at Salon Noël Gourmand or enjoy a delicious meal in the snug comfort of one of the capital's many restaurants. This is also the time of year to taste vintage wines! On the third Thursday in the month of November, the arrival of the first release of Beaujolais Nouveau wine is celebrated in most bistros and Parisian cafes. A typical and popular moment not to be missed! Would you like to explore France's wine regions? In early December, wine lovers won't want to miss an event known as Grand Tasting, 'the Festival of Great Wines' is held at the Carrousel du Louvre.

As the year draws to a close, a number of exhibitions are worth going out of your way to see. The Pompidou Centre will be

revisiting the career of one of France's greatest contemporary artists, Christian Boltanski (from 13 November 2019 to 16 March 2020). The museum's first retrospective dates back to 1984, so there was a need to organize a new exhibition featuring the multi-faceted artist's later work, spanning painting, photography, sculpture and film.

The Musée d'Orsay, on the other hand, will be devoting an exhibition to art critic, Huysmans (1848-1907), who will be the focus of a major exhibition. A key writer of his time, who had many painters in his circle of friends, Huysmans contributed in his own way to fashioning modernity in late 19th-century art.

### Get there in comfort with Thalys

It takes 1h22 to go to Paris with Thalys. There are 24 return trips per day between Brussels and Paris. This year, Thalys added two new destinations: Paris Charles de Gaulle Airport and Marne-la-Vallée (Disneyland Paris). [www.thalys.com](http://www.thalys.com)

## Cinema: All the latest movies playing in Belgium

Brussels' leading film critic **James Drew** looks ahead to films that will adorn the cinema screens in Belgium



### Joker

Now, this sounds like a marvellous idea - *Joker* is a psychological thriller directed by Todd Phillips (*Borat* (2006)), who co-wrote the screenplay with Scott Silver (*8 Mile* (2002)). The film, based on DC Comics characters, proposes an alternate reality for everyone's favourite *Batman* villain, and stars Joaquin Phoenix as Arthur Fleck, a failed stand-up comedian who turns to a life of crime and chaos in Gotham City. Robert De Niro, Zazie Beetz, Frances Conroy, Brett Cullen, Marc Maron, Bill Camp, Shea Whigham, Glenn Fleshler, Douglas Hodge and Brian Tyree Henry, among others, appear in supporting roles. Yaaa!  
122 mins.

### Bastaard

And nice to give a Belgian film a plug - two years after the tragic loss of his older brother, 17-year-old Daan (Spencer Bogaert) unwillingly goes along when his grieving family decides to give shelter to a homeless teenager called Radja (Bjarne Devolder). But as Daan witnesses how this stranger's presence deeply affects his mother, he starts to unravel Radja's mysterious past. It's directed by Mathieu Mortelmans, who also made the cracking *Vermist*.  
104 mins.

### Hustlers

In what really does sound like a re-run of *Showgirls* (1995), but is actually a lot better, Lorene Scafaria (*Seeking a Friend for the End of the World* (2012)) brings us this tale of former New York City-based stripper Dorothy (Constance Wu), who is invited for an interview with Elizabeth (Julia Stiles), a journalist working on a story involving Dorothy's former friend and mentor, Ramona Vega (Jennifer Lopez). Dorothy, known by her stripper name as Destiny, is working at a strip club to support her grandmother, but is continually frustrated by her inability to attract paying clients. After watching Ramona's very popular performance, Dorothy goes to meet with her and they hit it off...  
110 mins.

### Abominable

Computer animated fun - when teenage Yi (Chloe Bennet) encounters a young Yeti on the roof of her apartment building in Shanghai, she and her mischievous friends Jin (Tenzing Norgay Trainor) and Peng (Albert Tsai) name him Everest and embark on an epic quest to reunite the magical creature with his family at the highest point on Earth. But the trio of friends will have to stay one step ahead of Burnish (Eddie Izzard), a wealthy man intent on capturing a Yeti, and zoologist Dr. Zara (Sarah Paulson) to help Everest get home. Directed by Jill Culton (*Open Season* (2006)).  
97 mins ●

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I, DANIEL BLAKE

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\* Beer C. et al. (2014). A Clinical Trial to Investigate the Effect of Cynatine HNS on Hair and Nail Parameters. The Scientific World Journal, Volume 2014.

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