

# FASHION *Dreams*

**5 recipes**  
**ARAB CUISINE**  
extravaganza

COLOR CODE  
Slay with  
monochrome

CASUAL BUT  
CUTE OUTFITS

HOW TO BECOME  
A MODEL

**Haute  
Couture**

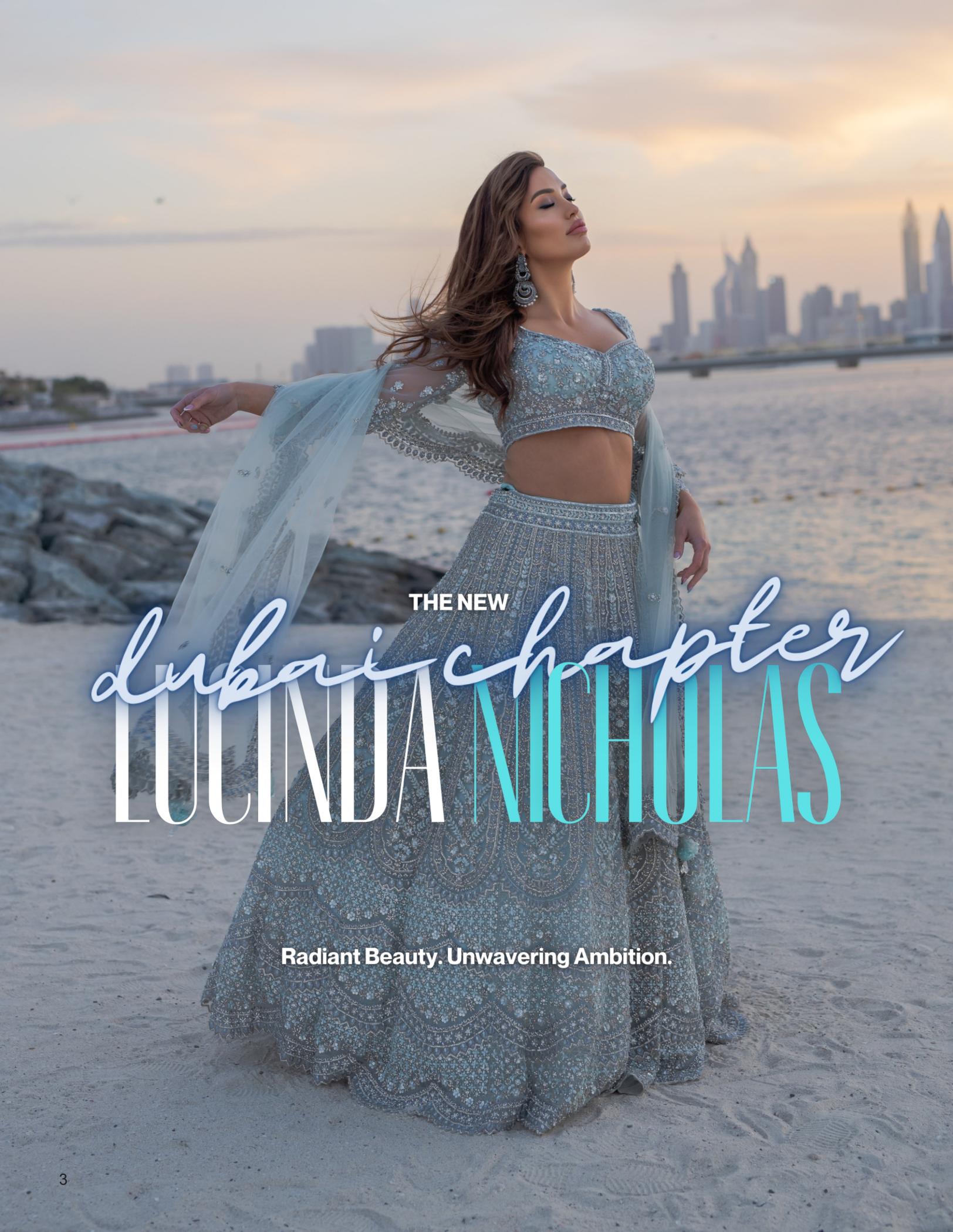
Models Lifestyle

Fashion | Life Style | Photography Newz

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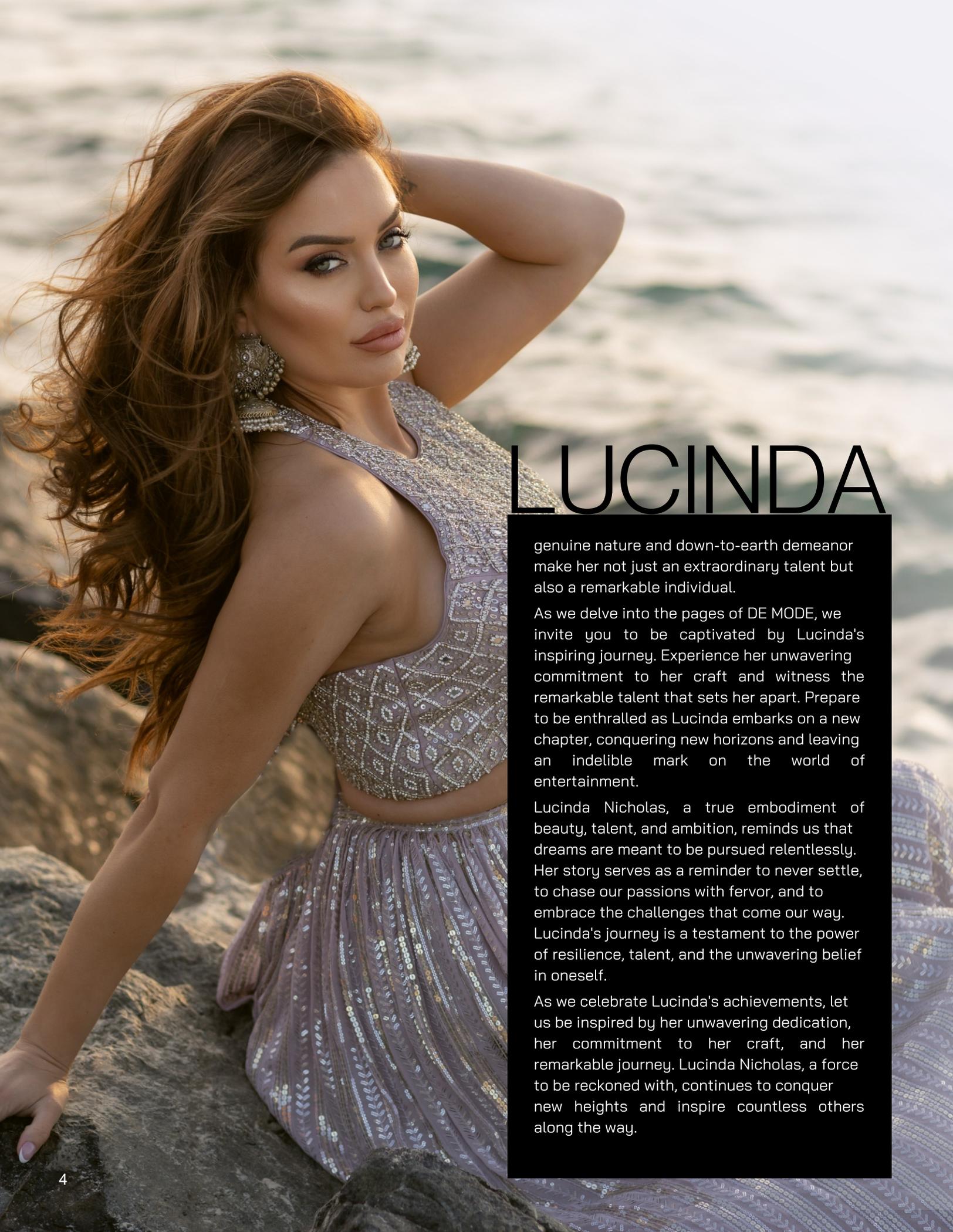




THE NEW

*dubai chapter*  
LUCINDA NICHOLAS

**Radiant Beauty. Unwavering Ambition.**



# LUCINDA

genuine nature and down-to-earth demeanor make her not just an extraordinary talent but also a remarkable individual.

As we delve into the pages of DE MODE, we invite you to be captivated by Lucinda's inspiring journey. Experience her unwavering commitment to her craft and witness the remarkable talent that sets her apart. Prepare to be enthralled as Lucinda embarks on a new chapter, conquering new horizons and leaving an indelible mark on the world of entertainment.

Lucinda Nicholas, a true embodiment of beauty, talent, and ambition, reminds us that dreams are meant to be pursued relentlessly. Her story serves as a reminder to never settle, to chase our passions with fervor, and to embrace the challenges that come our way. Lucinda's journey is a testament to the power of resilience, talent, and the unwavering belief in oneself.

As we celebrate Lucinda's achievements, let us be inspired by her unwavering dedication, her commitment to her craft, and her remarkable journey. Lucinda Nicholas, a force to be reckoned with, continues to conquer new heights and inspire countless others along the way.



## KALEENA >

Modelling is a career that involves skills that can give you poise and confidence. In this career, you get the opportunity to travel to new places, meet creative professionals and earn a handsome income. Given the competitive nature of this career, however, you should be well-prepared before entering this profession. In this article, we explore how to become a model, what they do and what skills and qualifications they need. What does a model do? A model uses their physical appearance to help a company advertise a product or to help an artist create or display a work of art. A model might work with a photographer to create fashion pictures or walk down a runway to introduce a fashion designer's latest clothing line. Artists often hire models to pose for them while they draw, paint or sculpt. Companies hire models for advertisements and marketing campaigns.

# EDITOR'S LETTER

Everyone wants to look good and some definitely want to flaunt it too. Modelling today is not restricted to the ramp alone. Whether print, product promotion or ad films, all fields demand good looking models to complement their products.

The fashion industry is one of the most polluting industries, and one of the most energy and raw material intensive. For this reason, and in spite of the tenuous advances that are already being introduced, 2025 will be the year in which companies will have to leave their promotional and advertising initiatives to three, replacing them with really significant actions that will even exceed what consumers are already demanding today. In this way, the definitive transformation of the industry towards a new sustainable model will be promoted.

Liba Khan  
(Editor Fashion Dreams)



**fitver**  
Fitness & Athletics



"Chptr X" {Remixed} Spring-Summer collection by CHRISTIAN COLORADO at THAILAND FASHION WEEK was a new chapter for their brand after 6 years of exploring their identity between searches, silhouettes, fabrics, zippers, non-conventional materials, ups and downs, spikes, loss and glories. Their designs started to make statements since the past season with a new beginning for them as a brand; understanding how the world is changing and how they have to roll with it. We're living in a brand-new world with new identities, new individuals and new needs. In their past collections, they explored and materialized childhood dreams, political issues, doubts, and joys. For the Spring-Summer 22, they have turned around something very important for their Latin culture: the telenovelas, giving them a new twist with very deep and superficial questions:

What if we did a telenovela back in the '90s with the issues, identities and acknowledge that we have in the present?

What about a non-binary main character?

What would be the subject of the whole Drama?

Which will be the personalities of the people involved in the drama?

What would be the name?

Which aesthetic they will have?

How do the roles fight about between the main characters, what it's good, and what it's bad??

A man with dark hair, looking thoughtfully to the right. He is wearing a black suit jacket with gold sequins on the lapels and shoulders, over a light-colored button-down shirt. His hands are clasped in front of him, and he is wearing a silver-toned watch with a white dial and metal link bracelet on his left wrist. The background is a solid, muted red color.

Style is a way to say  
Who you are  
Without having to **Speak**



*Fashion Feature*



# YOUR SKIN MATTERS

Proper skincare and timely protection is essential to keep our skin fresh and healthy

# HOW TO MAINTAIN A SUSTAINABLE SKINCARE ROUTINE

Maintaining a sustainable skincare routine is not only beneficial for your skin but also for the environment. Here are some tips to help you incorporate sustainability into your skincare regimen:



- Choose eco-friendly and cruelty-free brands: Opt for skincare products from brands that prioritize sustainability and cruelty-free practices. Look for certifications such as organic, vegan, or cruelty-free labels to ensure ethical and environmentally conscious choices.
- Simplify your routine: Instead of using multiple products with various ingredients, streamline your skincare routine by focusing on essential steps. This minimizes waste and simplifies your overall routine.
- Use reusable and refillable packaging: Look for skincare products that come in reusable or refillable packaging. This reduces the amount of plastic waste generated and allows you to replenish your products without contributing to single-use plastic consumption.
- DIY skincare: Explore DIY skincare options using natural ingredients that are readily available. You can create homemade face masks, scrubs, and toners using ingredients like honey, oats, yogurt, and essential oils. This reduces the need for packaged products and ensures you know exactly what goes into your skincare routine.

- Opt for sustainable ingredients: Choose skincare products that contain sustainable and ethically sourced ingredients. Look for organic, fair trade, or locally sourced ingredients that have a minimal environmental impact.
- Reduce water consumption: Conserve water by using a minimal amount when cleansing your face. Consider using micellar water or oil-based cleansers that require less water for rinsing.
- Invest in reusable tools: Instead of disposable cotton pads or wipes, switch to reusable alternatives such as organic cotton pads or muslin cloths. These can be easily washed and reused, reducing waste.
- Proper product storage: Store your skincare products in a cool, dry place away from direct sunlight. This helps prolong their shelf life, reducing the need for premature replacements.
- Recycle packaging: Ensure proper recycling of skin care product packaging. Rinse containers thoroughly, separate different materials, and follow your local recycling guidelines.
- Educate yourself: Stay informed about sustainable skincare practices and new eco-friendly brands in the market. Continuously educate yourself on the latest developments in sustainable skincare to make conscious choices.

By incorporating these tips into your skincare routine, you can promote sustainability while maintaining healthy and glowing skin. Remember, small changes can make a big difference in reducing waste and preserving our planet's resources.



FASHION

KEY LOOKS FROM THE SS23 &  
AW23 COLLECTION

Fashion



**CHENEY CHAN**

PRIVATE



Another statement piece that they found very important was the corset, used on a lot of important occasions such as quinceañeras (also called quinceaños or simple quinces). It's the celebration of a girl's 15th birthday, marking her passage from girlhood to womanhood, weddings and using a lot for female villains in telenovela dramas. They switch the rhetoric and made it for male or non-binary ones in our iconic industrial mesh.

For the shirts, they have played so many roles bringing the sexy as the start point, they can be used as an oversized shirt, a kimono, light jacket or a dress, made in raw linen.

This collection was showing during the NYFWSS2025 season, for the THAILAND FASHION WEEK, they mixed and matched with their FW24/25 collections, bringing back some of the most iconic pieces of that collection trying to make some points that they have in the CHRISTIAN COLORADO brand, "fashion don't have rules", no gender or season ones.

**Karishma**  
*(Fashion Model)*



**Anuj**  
(Fashion Model)

Fashion





# DITA

EYEWEAR

SPRING/SUMMER 2023 LIMITED EDITION

# A THOUSAND FLYING THINGS

BY AUTHOR KATHRYN BROWN RAMSPERGER

A love lost. A soul restored. A decade of secrets and separation. It takes a child to lead them home.

American Dianna Calloway is committed to educating children in the thick of war-ravaged 1990s Southern Sudan. Hampered by disease, a corrupt government and a warlord who is harbouring a mysterious young boy, Dianna's passionate calling to help others in a dangerous country is only complicated by the chance meeting of a long-lost love. Faced with the choice to pursue integrity and justice or reconnect with the man she still holds dear, Dianna must make the most difficult decision of her life.

Or will she? Dianna and Qasim can't be more different. He's a worldly Lebanese Muslim with a political family in his 40s, and she's a 30-something white Christian American. They've been challenged by geography, culture, trust, career, and the passing of time. Now there's a young boy who's stolen Dianna's heart. She'll do anything to get him a visa out of S. Sudan. But then her mother becomes ill. She leaves Africa physically, but her heart stays in there as if it can protect the man who loves her and the boy who needs her. But nothing is as it seems, and it may be that no one needs love more than Dianna.

Sweeping across continents and cultures, this captivating novel showcases Ramsperger's work as a humanitarian journalist and will draw readers in with a gripping storyline, gritty details, and profound sensitivity. The novel is both timeless and timely, as war and climate change attack Sudan and S. Sudan once again. A Faulkner Wisdom Literary finalist and a Pulpwood Queen's featured pick for 2023, *A Thousand Flying Things* is a riveting, poignant read that will work to heal global misunderstandings and encourage conversations about perspectives and assumptions around race, country, and culture while also showing readers that love, not war, conquers all.

## BOOK REVIEW

"Beautifully written, a joy to read and highly entertaining in the most wonderful way possible. Ramsperger, quite simply, has written a great novel." - Cindy Williams, Actress Best Known as Co-Star of "Laverne and Shirley", Author of Shirley, I Jest

GET YOUR COPY OF 'A THOUSAND FLYING THINGS' TODAY. AVAILABLE ON [WWW.KATHRYNBROWNRAMSPERGER.COM](http://WWW.KATHRYNBROWNRAMSPERGER.COM).



KATHY B. RAMSPERGER

## JOURNEY AS AN AUTHOR

Kathryn Brown Ramsperger has led a life full of words, adventure, and love. As a researcher and writer for National Geographic and later, as a humanitarian journalist, her work took her throughout the world. Her novels were inspired by the stories she heard and the people she met along the way. She now lives in Washington, DC suburbs with her husband. They have two adult children, bound for their own creative adventures, and a rascally cat, Rhapsicle. Kathryn is a mezzo-soprano and loves to hike though hates to camp. She has travelled to every continent except Antarctica and Australia (but they're on her bucket list.) She's the founder of Ground One LLC and the creator of Step Into Your Story! (™), a way to change perspectives about your story-in-progress and your Life Story, so you can add to Humanity's Greater Story.

Writing from a global perspective, Kathryn's themes are universal yet intensely personal and authentic. Her literary voice is rooted in her South Carolina lineage and informed by her travels. Her stories have appeared in journals ranging from Willow Review to The MacGuffin, and she's published hundreds of magazine articles and essays. Her novels

have been called "powerful," "healing," "empowering," "uncannily insightful," and "full of sensitivity." She hosts a podcast called "Story Hour," focusing on books that have an international, multicultural, or social justice theme and writes reviews for the New York Journal of Books. She loves to connect and converse with her readers and is available for book club discussions either online or in person.

Kathryn is also the author of the 'The Shores of Our Souls', published by traditional publisher TouchPoint Press. Shores, her debut novel, received two America's Book Awards (one for debut, the other for cover). It was also recognized by Foreword Indies for multicultural fiction, and was a five-star book for its depiction of social issues by Reader's Favorites. She donates half of her proceeds from the paperback version of *The Shores of Our Souls* to refugees and immigrants in the Middle East and Africa.

FOLLOW AUTHOR KATHY  
BROWN RAMSPERGER

 [kathrynbrownramspurger.com](http://kathrynbrownramspurger.com)

 [kathryramspurger](https://www.instagram.com/kathryramspurger)

## THE INTERVIEW

WITH AUTHOR KATHRYN BROWN RAMSPERGER

**Q: How do you handle writer's block?**

I set a problematic chapter aside and work on another. I also move. It's important to exercise to stay in the flow. Walking or Kundalini yoga works well. I don't judge a story until done. Creative burnout is a closer friend than a block. I do my best to take time off, socialize, and travel. Great fun and grist for the mill.

**Q: What is the most difficult part of your writing process?**

I'm extremely good at what I dislike most: proofing. It's so necessary to proof a manuscript multiple times, but the more I proof, I can get mired in doubt about story details. It's essential to keep the whole story arc in mind, not all the weeds.

**Q: How do you handle revisions and editing processes for your work?**

I write my first draft almost in a trance. Then outline to improve structure. I send to trusted writer-readers. I incorporate salient points into a third draft and then send it to my developmental editor/coach, then two line editors and a sensitivity reader for the fourth and fifth drafts. Then it's time to pitch. I revise with every rejection.

**Q: What came first to you – the plot or the characters – and why?**

I tend to know the theme of my books, and then the first draft plays in my imagination like a movie. My first novel was a couple meeting under a disco ball. With my sequel, it was a small boy's hand appearing from behind a boulder. I'm incredibly visual, and I simply let my characters take the wheel. They react to what happens, and that gives me the next scene and the next.

**Q: In your book, which part of the story is your favourite?**

I love the scene in which my protagonist Dianna meets a boy she believes to be a child soldier, Khalil, and he asks her to teach him to read in English. Others enjoy that scene, too. I'm also proud of the reconnection of Dianna with her old flame in Nairobi. I enjoy writing about first meetings or reunions.

**Q: What was the most surprising thing you discovered while completing your book?**

I was told I had an excellent platform and voice, but I was rejected 200 times by agents, then another 200 times by publishers for my debut novel. I wanted to write a true ending, not a "glass slipper fits" ending. It's hard to get noticed if your book doesn't fit on a particular shelf.

**Q: Can you share with us something about the book that isn't in the blurb?**

I hope to make what I deleted into novellas: A negotiation in Nairobi between my protagonist and a warlord, her trip back Stateside when her

mother is hospitalized, and Qasim's and Dianna's backstories. What happened in the decade they were apart? In my first draft, the warlord is more sinister. I always write full characters, so I made him likeable.

**Q: What was your inspiration for the story?**

I was a humanitarian worker in Africa, Europe, and the Middle East. My research for this novel came from both reading and my field work. In addition, 9/11 made me realize that Americans needed a novel about a real Arab man, not a terrorist. I had dated one, so I made it a love story.

**Q: Tell us about the process for coming up with the cover.**

My wonderful designer, Estella Vukovic, understands wars ignited by different belief systems. In our collaboration, I gave her my concepts (war, children, migration), symbols (birds, insects, planes), and color scheme, and she took it from there. I'm proud of the result! She is a joy to work with.

**Q: What do you hope your readers take away from this book?**

I write books to start conversations. I would want my readers to take away whatever is meaningful to them and to realize that there is more than one perspective, more than one truth. I'd also like them to know that love is real and can heal and transform just about anything.

**Q: Who is the author you most admire in your genre?**

I've read everything Barbara Kingsolver's ever written. I recently reviewed *Demon Copperhead* in the *New York Journal of Books*, and my favourite is *The Poisonwood Bible*. Between the two, it's like reading parts of my life. That's her superpower, to make the reader identify completely with her characters.

**Q: Are you working on anything at the present?**

My memoir-in-progress focuses on how my childhood shaped my choice in fiances...how we fall in love because of our past. All is well at first until my protagonist must choose between her man and her career. I also am writing a series of paranormal mysteries and a time travel novel. Find my latest story on my linktree [linktr.ee.com/kathyramspenger](http://linktr.ee.com/kathyramspenger).

# URBAN LEGENDS

## BOOK 1 - NOT LIKE PARADISE TRILOGY

### BY AUTHOR DAISY JORDAN

One night at a dive bar in the East Village, best friends Jansen, Jason, Hersh, and Clint create a secret society. One with a fake past full of murders, ghosts, and family secrets. A joke meant to freak out their school friends, who will no doubt fall for it.

Because in the single-sex private schools of Manhattan's über-wealthy Upper East Side, where GPAs and coke highs are through the roof, last night's mind-numbing party is this morning's eyeroll-inducingly exaggerated story, and relationships burn out faster than the cigarette between your fingers, induction to a secret society feels like a natural rite of passage.

The eerie notes left in Jansen's, Jason's, Hersh's, and Clint's bedrooms are the first clue their joke has hit too close to a very real, and very hidden, history of Manhattan. In a secret room only blocks from their penthouses, the mystery, one that began with long-dead twins named Anabelle and Jonathan, starts to unravel.

And after a cab chase, fruitless attempts at an impossible-to-crack code, and the offhand discovery of a book stacked on a desk in a backwater South Carolina bedroom comes the chilling realization their "joke" has also hit too close to home. Because as it turns out, murders, ghosts, and family secrets are the hidden history of their own parents.

The title of the book 'Urban Legends' has multiple meanings! The book takes place in Manhattan, and the characters are legends, so to say, in their own world of the Upper East Side, in that their families rule the New York social scene and other students in their schools are constantly looking to them to see what they'll do next and viewing them with a sense of envy. Everyone wants to be part of their group of four, yet they can't because the group is private and essentially impenetrable. Urban Legends also refers to the more typical way in which the phrase is interpreted: a story, maybe true or maybe not, the rumours of which have been around for years, that has aspects of fear and the unknown. And Urban Legends is also the name of a very catalytic book Jansen, Jason, Hersh, and Clint stumble upon near the end of this book!

The series is equal parts about the mystery revolving around the secret society and the entangled relationships of the characters.

**GET YOUR COPY OF 'URBAN LEGENDS' TODAY. AVAILABLE ON AMAZON, BARNES & NOBLE IN KINDLE & PAPERBACK.**



**DAISY JORDAN**

### JOURNEY AS AN AUTHOR

Daisy Jordan got her start as a writer in elementary school when she would spend hours making up stories on her grandparents' typewriter during afternoons or vacations at their house. She soon graduated to her family's computer, one of those old-school ones with a black background and green type. She had many unfinished novels over the years because a new and more exciting idea would occur to her, and she would abandon one book to write another.

During middle and high school, Daisy got too busy with friends, sports, and activities to write much fiction – she dedicated most of her energy to writing about boys in her journal. But her love for creating characters and stories stayed with her, and in college, she had the idea for her first novel, *Everything Happens for a Reason...* That summer, home from Purdue University with not a lot to do, she decided to start writing it, and published it in 2005!

Daisy's friends who read *Everything Happens for a Reason...*, which is about college students in the Midwest, loved the characters and wanted more books about them, so

Daisy decided to write a prequel series about three of the characters who had gone to high school together. Thus became the *Spin the Bottle* series. From there, Daisy had to find out what was going to happen in all her characters' lives after high school and college, so she kept writing about the main characters from the *Spin the Bottle* series in books such as *All That Sparkles Isn't Real Sapphire*, *Love Means Zero*, and *Living in a Postcard*, among others.

*Urban Legends* is the first book in Daisy's latest series, the *Not Like Paradise* trilogy, and her first mystery! Daisy has always loved reading mysteries and had a blast finally writing one! Read her blog - [authordaisyjordan.wordpress.com](http://authordaisyjordan.wordpress.com). Recently she has started a podcast 'Living in a Postcard' about her life and whatever she feels to talk about! Available on Spotify, Apple Podcasts, Google Podcasts, and several other platforms!

**FOLLOW AUTHOR  
DAISY JORDAN**

 [daisyjordan.com](http://daisyjordan.com)

 [@authordaisyjordan](https://www.instagram.com/authordaisyjordan)

## THE INTERVIEW

WITH AUTHOR DAISY JORDAN

**Q: How do you handle writer's block?**

If I am struggling with what my next scene should be or feeling stuck with a current scene, I either take a break and try not to think about my writing at all for a while, or I go back and read the previous few scenes or chapters. Sometimes this gives me a fresh perspective. If not, I just shut my computer and put the book out of my mind. I also host a podcast, so if I need time to let new ideas come for the book, I can always do a podcast episode or just spend time on other activities I enjoy, like going to the beach, reading, or spending time with my husband and pets!

**Q: What is the most difficult part of your writing process?**

The most difficult part is I often feel like what I'm currently writing doesn't live up to what I've written in the past. I'll feel like I'm not using dynamic enough words or my narrative doesn't sound as creative or clever as in previous books. When I read it back though, I'm often pleased with how it sounds after all, although I will catch places where I've used the same word multiple times in close succession, or other minor things like that. The other most difficult part of my writing process is not being able to tell anyone all my plot twists, because I never give them away in advance; people have to read to find out what happens!

**Q: How do you handle revisions and editing processes for your work?**

My mom is the first person to read all my rough drafts! She is a retired English teacher, so she's great at catching errors and also telling me if certain parts don't really make sense or something about a particular scene or event doesn't sit right with her. After having my mom read my first drafts, my friend Kendra will read them, then I often go away from that book for a while and start writing a completely new book. I don't get too far into the revision and editing process for any book until I'm almost ready to publish it, and I don't publish the first book in a series until I've written drafts for the whole series. That way, if something happens in a later book that makes me want to change something in an earlier book, I have the freedom to do that. Once I am ready to publish, I go through several rounds of proofreading and editing – usually three or more on my computer and then another one in print.

**Q: In your book, which part of the story is your favourite?**

I love the part where Jansen, Jason, Hersh, and Clint are inducted into a secret society and learn about all the symbolism associated with that secret society, as well as some of its history. That part was really fun to write and I did a lot of research for it. Throughout the book, and the whole series, one of my favourite parts is Jansen and Jason's relationship.

**Q: Most surprising thing you discovered while completing your book?**

The most surprising and fun thing I discovered was the roles some of the more minor characters would take on and the entertainment value and intrigue they would add. I got very invested in some of them!

**Q: Tell us about the process for coming up with the cover.**

I wanted each cover in the Not Like Paradise trilogy to be a real-life photo of NYC I had taken. For Urban Legends, I decided to go with a photo of Central Park, looking toward the Upper East Side, because the Upper East Side is where the characters live and go to school, and they spend a lot of their free time hanging out in Central Park with school friends. This book sets the scene for its own events and those to follow in the next two books by giving a background of the characters' lifestyle, which is built on the money and privilege of the Upper East Side.

**Q: What do you hope your readers take away from this book?**

I hope they have fun reading it and can't wait to find out what happens next! It can definitely be a fast beach read, but there's also a lot of symbolism and foreshadowing, so I hope some readers enjoy looking for those things and trying to figure out the mystery or predict what might happen! I also hope their feelings are swept up in the love story and they have very strong emotions and opinions about it!

**Q: Who is the author you most admire in your genre?**

In the YA genre, the author I most admire is Judy Blume. I loved reading her books growing up. She was writing the real stuff teenagers wanted to read about, like relationships and finding your own identity.

**Q: Are you working on anything at the present you would like to share?**

Yes! I am working on a series about Kella, Jason's sister in Urban Legends and the Not Like Paradise trilogy. She is a minor character in Urban Legends but takes on a larger role as the series progresses. In this new, as yet untitled, series about her life post-Not Like Paradise, she goes to boarding school in Connecticut and discovers her campus is haunted by a girl who died mysteriously there in the 1940s.

# ICHIBUN

## THE SECRETS OF JAPANESE PRECISION

### BY AUTHOR KOSUKE SENDO

One of the features of this book is that it describes how top management, middle management, and entry-level employees should think about safety and how they should act. There have been a lot of books on human error and resilience engineering. Still, I felt there is no book, as far as I know, that explicitly discusses how top management, such as company executives, board members, and middle managers in various departments, should make their decisions, think, and act in accordance with the Japanese aviation way. To ensure the safety of your family, company, organizations, and community, the attitude of top and middle management and the way they give instructions is extremely important. No matter how much you shout “safety” to the field, it will not be ensured if you don’t take care of this part. This book is about how to avoid future problems, incidents, accidents, and how to make better decisions and identify threats to prevent errors. I have developed them from stories I have heard and seen in the many years of my career as an airline pilot. Whether in the business or technical field, an aspiring pilot or cabin crew, a safety manager in an organization, front-line worker, a middle manager, or an executive of any company, this book will help you avoid problems, identify threats, and manage errors in a Japanese aviation way.

Learn the Japanese way of avoiding problems, identifying threats and managing errors. Whether in the business or technical field, this book is your go-to guide for managing and avoiding problems in your area. Immerse yourself in and learn from forty-nine short stories based on actual events from Japanese aviation and other Japanese business fields.

### BOOK REVIEW

“Ichibun is a quite interesting exploration of human factors and error mitigation explained in simple ways that anyone can understand and apply.” - Reviewed in the United States by Rebecca Chute, Ex-NASA Research Scientist

“Recommended reading for all front-line employees, managers, and bosses and those who want to develop their professionalism, attitude, and decision-making style.” - Reviewed in JAPAN by Tsukuba Research Institute for Crisis Management (Japan)

**GET YOUR COPY OF 'ICHIBUN' TODAY. AVAILABLE ON AMAZON AND BARNES & NOBLE.**



**KOSUKE SENDO**

### JOURNEY AS AN AUTHOR

New Delhi born and educated in Japan, Kosuke Sendo got his first taste of a future flying career as a sixteen-year-old when his father took him on a tour of the Centennial Flying School at Boundary Bay airport in Canada. In 2009, aged twenty-five, he joined the Osaka Aviation Technical College as a Flight Operations Assistant Manager and Aviation Instructor, where he delivered classes on the Theory of Flight, Meteorology, Navigation, Human factors, CRM decision-making, and Crisis Management. Three years later, he started flying the Boeing 737 as an Airline Pilot. Now, Kosuke flies the Boeing 777 across the world. His research on fluid dynamics and regional airport development has been published in leading journals.

Decision-making is one of the leading factors that determines success or failure. One wrong decision can change the whole scenario. The book ICHIBUN is based on how to effectively manage the decision-making process. Sometimes we are faced with a situation when we have to take decisions without thinking twice which can be the worst decision or make us the hero of the story and it totally depends on your decision making

process. In the book the author teaches us very well, how one can make decisions confidently. The author takes 49 Stories In chapter 2,3 and 4 and he gives us examples of how we can understand the psychology and science behind all the mistakes we make while making decisions and managing daily crises the Japanese way.

We encounter different challenges in our day-to-day life. It is not easy to handle the pressure of multiple things all at once. In the rush of life, we often become harsh towards ourselves. And what we need to realise is that we deserve to honour our truth and live it completely. Ichibun by Kosuke Sendo depicts the secrets of Japanese precision. With the aid of the aviation industry, the book attempts to teach readers how to make better life decisions. Author Kosuke Sendo has focused exactly on such an issue. Our daily struggles and how to overcome them, in a respectful and logical manner.

**FOLLOW AUTHOR  
KOSUKE SENDO**

 <https://www.goodreads.com/user/show/153573994>  
 [www.amazon.in/KosukeSendo/e/B0B9WV9FZN](http://www.amazon.in/KosukeSendo/e/B0B9WV9FZN)

## THE INTERVIEW

WITH AUTHOR KOSUKE SENDO

**Q: How do you handle writer's block?**

Perhaps I cannot consider myself as a great writer since I didn't suffer any writer's block or creative burnout. I was focused since I knew exactly what I wanted to express.

**Q: What is the most difficult part of your writing process?**

Since Chapters 2, 3, and 4 of my book are based on actual events, researching, data gathering, and fact-checking were the hardest parts of the process.

**Q: How do you handle revisions and editing processes for your work?**

Although reviewing my own writing was arduous and difficult, I remained determined to do so as I recognized its importance in enhancing the quality of my work. I understood that revising and editing are essential steps in improving the final output, and I was motivated to take the necessary time and effort to ensure that my work was polished and error-free. Despite the challenges, I remained committed to producing the best possible result, and I recognized that the process of self-review was an essential component of achieving this goal.

**Q: What came first to you – the plot or the characters – and why?**

The initial inspiration for my work was the plot. I had a burning desire to share the intricacies of human behavior through storytelling, and to convey the valuable lessons that can be learned from these experiences. My passion for exploring the depths of the human psyche and revealing the underlying moral implications drove me to create narratives that would captivate and inspire readers. The plot served as the foundation for these stories, and I was determined to convey their messages in a way that would resonate with my audience and leave a lasting impact.

**Q: In your book, which part of the story is your favourite?**

My favorite parts are the first and last chapters.

**Q: What was the most surprising thing you discovered while completing your book?**

Learning about human behaviour and decision-making processes always surprises me.

**Q: Can you share with us something about the book that isn't in the blurb?**

There are a few riddles in the book, which a reader won't notice unless he/she reads the content carefully. I added them to make reading more enjoyable.

**Q: Does one of the main characters hold a special place in your heart? If so, why?**

The captain in Chapters 1 and 5 holds a special place in my heart because he reflects a part of my thinking process.

**Q: What was your inspiration for the story?**

I wrote this book to save the lives of as many people as possible and to reduce the number of people not confident about making decisions even if just one.

**Q: What is the significance of the title?**

I allotted a full-page explanation of the title's significance in the book, which you can refer to in answering this question. A lot of people mistakenly translate the title "ICHIBUN" to "Ichiban", which means first or number one in Japanese language; however, that is a wrong translation. In simple Japanese language, "ICHIBUN" means honor. You can read more about the meaning of the title in the book.

**Q: Tell us about the process for coming up with the cover.**

It took me almost 8 months to come up with the cover. I even studied Adobe for that. I'm sure my cover designer got upset with me as I make him work really hard.

**Q: What do you hope your readers take away from this book?**

I would be more than happy if the readers not only finish the book but also apply the lessons in their lives.

**Q: Do you find it more challenging to write the first book in a series or to write the subsequent novels?**

Either of the two is challenging if you are not determined.

**Q: Who is the author you most admire in your genre?**

He does not precisely fall into this genre, but I love the writing style of the late Mr. Miyazawa Kenji.

**Q: If you could ask one author that you admire three questions about their writing, writing process, or books, what would they be?**

- What inspired you to become a writer and how did you start your writing career?
- What is your writing process like, from brainstorming to publication, and how has it evolved throughout your career?
- Of all the books you have written, which is your favorite and why? Are there any characters, scenes, or themes you are particularly proud of?

# THE DARKEST SIDE OF THE MOON

## BY AUTHOR M.C. RYDER

The Darkest Side of the Moon is one of a kind as it is written in second-person narrative for young adults, but the main character, Nadine Drexel, has maturity beyond her years. She's a student who stays under the radar and struggles to figure out what she wants to do with the rest of her life after high school. She doesn't go with the flow and becomes suspicious of the new student, Vinson Weber. Is the only one not charmed by his rude and arrogant manner. Stands up for herself and others. Fights to keep her best friend, Camille, from getting caught in the crossfire. Will she succeed?

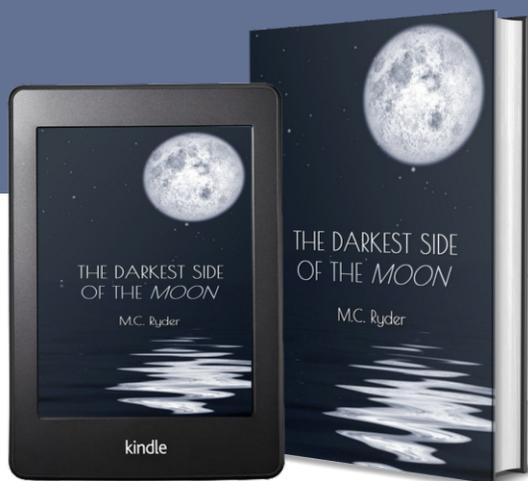
Some keywords by reviewers include, "captivating," "page turner," "written well," "unpredictable plot," and "well-paced."

The Darkest Side of the Moon was originally written in third-person narrative, however, the writing was not satisfactory. After a quick search, it was rewritten and the rest is history. It was an enormous risk publishing a debut novel in second-person narrative, but it was a risk worth taking. The idea was planted by a dream, which is portrayed on the first page. Life lessons aided in steering the plot and developing layered characters. Writing it did not come easy. It took a decade. When COVID changed the world, it got me back in the writing seat. Learned a valuable lesson not to jump ahead in the writing process of a story as the smallest details have the biggest impact and can change it all together. Music was a heavy influence during the writing process. Helped to visualize scenes with clarity and slip into the character's mindset. Some action scenes required reenacting them before they could be written. Poured my heart and soul into the project. Although The Darkest Side of the Moon is marketed as YA Fantasy, everyone can enjoy it. There is a little of everything including mystery, drama, suspense, horror, action, and even a bit of romance. It is the first in The Dark series, but can be enjoyed as it is its own unique story, however it may leave you wanting more.

## BOOK REVIEW

This book was super amazing and such an awesome read not just for young adults but for anyone that wants to enjoy a great book, enjoy a great fantasy, and can't wait for more and more and never want it to end. Such a great book and was super excited to read it again and again and left wanting more!

**GET YOUR COPY OF 'THE DARKEST SIDE OF THE MOON' TODAY. AVAILABLE ON AMAZON AND BARNES & NOBLE.**



**M.C. RYDER**

## JOURNEY AS AN AUTHOR

From a young age, M. C. Ryder has always been a writer, but now she is finally able to call herself an author. She always had the ambition to make her dream a reality. Her mission has always been to craft stories that are a blend of what the readers want and what she wants in a book. Something fresh that's not reused and leaves a lasting impression. She dares to bend the rules. Dares to be unique. While at a writer's conference, she was asked, "why do you write?" Her answer, "I love reading, but get tired of the same recycled plots. Enjoy writing what I want to read that also goes deep with meaning." After further processing, she realized not only is writing therapeutic, but it also gives her a voice. There are so many reasons to write. For enjoyment. For profit. To reveal truth. Too many writers miss the mark. Reading helps one to learn. Without reading, she would have never found her style. Writing helps one to understand. In her writing journey, she learned it was also a teaching opportunity as well as learning. Publishing was just the first stepping stone on her journey as an author. Marketing is challenging and can be costly, but also allows her to think of creative ideas outside of the box. She hopes to change lives in a positive way and start a conversation with her stories. She has already been successful, even if it's just a few. If you are looking for stories that are deep with relatable and layered characters, look no further. She aspires to inspire.

## UPCOMING BOOK

The Darkest Side of the Moon is the first book in The Dark series in which A Dance Between Light and Darkness was released in March 2023 as well as A Darker Demise: A Compilation of Dark Shorts that includes three short stories that tie in with both novels. The third book in the series, All I See Are Dark Clouds and a novella tie in The Neighbors will be available sometime in Summer 2023.

**FOLLOW AUTHOR  
M.C. RYDER**

 [mcryderauthor.com](http://mcryderauthor.com)

 [@mcryder0](https://www.instagram.com/mcryder0)

## THE INTERVIEW

WITH AUTHOR M.C. RYDER

**Q: How do you handle writer's block?**

When experiencing writer's block, I take a walk or go for a long drive and listen to music that helps inspire.

**Q: What is the most difficult part of your writing process?**

Research! It slows down my writing process as I research when I come to the scene that requires it.

**Q: How do you handle revisions and editing processes for your work?**

I ensure to write down key elements in a separate document (like characteristics of a character) so I have an easy reference. After finishing writing a story, I comb through it, use ProWritingAid, and then set it aside for a period of time before rereading again with fresh eyes.

**Q: What came first to you – the plot or the characters – and why?**

The characters did. I had a dream that planted the seed and some life events spawn the plot.

**Q: In your book, which part of the story is your favorite?**

Nadine, the main character, fighting tooth and nail to stay true to herself.

**Q: What was the most surprising thing you discovered while completing your book?**

I enjoyed writing in second-person narrative.

**Q: Can you share with us something about the book that isn't in the blurb?**

Leo, Nadine's cat, has characteristics based off my best friend Tiggy who unfortunately crossed the rainbow bridge.

**Q: Does one of the main characters hold a special place in your heart? If so, why?**

Yes, Marc. He depicts qualities of a true gentleman. Guys, pay attention.

**Q: What was your inspiration for the story?**

I wanted to craft a story that keeps a reader's interest from page one until the last page that's fresh with relatable characters, symbolism, and one that starts a conversation.

**Q: What is the significance of the title?**

The story has a dark theme that conveys that even the moon has a dark side.

**Q: Tell us about the process for coming up with the cover.**

My team at New Book Authors Publishing sent me a couple of images to choose from. The one with the moon and stars reflecting in the water pulled me in right away. I liked the contrast of light and darkness as it was a theme in the story.

**Q: What do you hope your readers take away from this book?**

I hope readers can take away that when someone is forced to be someone they're not, it may end up destroying them.

**Q: If your book was to be made into a movie, who are the celebrities that would star in it?**

I'm not fond of the idea of turning my book(s) into a movie. If for some chance I would agree, only if my terms are met, I would like to use underrated celebrities or ones looking for their big break.

**Q: What's your favourite and least favourite part of publishing?**

My favorite part of publishing is finally being able to refer to myself as an author. My least favorite part of publishing independently is, it's a fulltime job marketing on top of my fulltime job.

**Q: Do you find it more challenging to write the first book in a series or to write the subsequent novels?**

I found that the first book in The Dark series was more challenging to write and the rest came easier as the characters and world building was already developed. Altogether, there will be five full-length novels in The Dark series and three novellas that tie-in.

**Q: Who is the author you most admire in your genre?**

It's hard to pick one, but I will go with Stephenie Meyer since the idea came from a dream. Mine was not as vivid as hers. It was unclear. Took me over ten years to piece it together.

**Q: If you could ask one author that you admire three questions about their writing, writing process, or books, what would they be?**

I enjoy a good mystery that's not predictable. I would ask an author I admire who's good at deceiving if they know beforehand who is behind the misdeeds and how they are able to lead the reader astray. In my experience, I've learned it's best to write from beginning to end and not skip around. It's also difficult to have the knowledge the main character does not and not give it away too soon.

**Q: Are you working on anything at the present you would like to share with our readers?**

Yes. I'm working on a side writing project about bullying as well as getting book 3 published in The Dark series, All I See Are Dark Clouds and a novella tie-in The Neighbors.

# Arab Extravaganza

delicious 5 recipes

By Valeryia As'ad



*Maakool el hana*

A Culinary Journey through  
Middle Eastern Delights



arche  
LOOK-BOOK  
HIVER 23

A fashion advertisement for MARNYA. A woman with long dark hair is the central figure, wearing a dark grey or black suit consisting of a jacket and trousers. She is also wearing bright blue gloves and tall, white, pointed-toe boots with a small heel. She is standing on a light-colored surface, looking towards the camera with a slight smile. The background is a soft, out-of-focus gradient of colors, transitioning from light blue on the left to pink and purple on the right. The brand name 'MARNYA' is printed in large, white, sans-serif capital letters across the middle of the image.

# MARNYA

# RIZINO

Choose a platform that  
helps you express

yourself, be a **Model**



**Photographer Alexander is an advertising fashion photographer, visual designer and artist, with more than 10 years of experience in the creation and production of campaigns, graphic pieces and audiovisual solutions for models, people and companies in Bogota, Colombia.**



## THE JOURNEY

It all starts with my eternal curiosity towards creation, in wanting to communicate in different ways my perspective of the world that I live in and that I share with people. For this reason at a very young age, I found in graphic arts and alternating with music the best tools to transmit what my restless mind, builds without stopping. In the national university after studying for a diploma in digital photography, I found a connection that allowed me to communicate and explore other expressions. I started with conceptual photography where art was always the inspiration. Time after studying visual design, I found more and more tools to enhance this medium of expression where the mobile image, design, animation among others became my work and my life. Time after working for a Colombian fashion magazine, I found a school of photography specialized in fashion and advertising that although my opinion towards fashion was not the closest, I discovered that I could implement a stamp, leave a mark and communicate with the body and its acting with its expressions and combined with a styling could build a differential, investigating the environment.

I found various references that enhanced and enriched this thought and stamp that I have always wanted to implement and that this is who speaks for me. That is who builds and is the protagonist who conquers various places and media. Now I can say that after many years of struggle (which continues) I can say that I am a photographer of editorial fashion with a little more than 10 works published in international media around the world,



Always working with impressively talented people, beautiful and original, showing that you can travel without boarding a plane to embark on a ship, that your work transcends borders and that these allow you to be eternal. That's why I'm fighting, that I want now if I board those flights and sail those seas, to conquer these squares and so be able to build more editorials, work on more campaigns and continue telling stories through the models that pose for my lens.

In increasingly diverse scenarios, with garments and designers, with make-up artists and assistants, with comfort and discomfort, with sun or rain with heat or cold, where there is some light there, we can compose and propose every day bold photographs, much more elaborate, that break schemes and say that fashion photography is not perfect, that my photography is and will be irreverent, but with purpose and concept, not an empty one that does not communicate, A photograph that contributes to the brands and my clients, to my models and collaborators, that more and more places and landscapes, that more and more faces and their expressions accompany me.

## **SERVICES OFFERED BY PHOTOGRAPER ALEXANDER ALEJO**

Services I currently provide are fashion photography, advertising photography, commercial photography, product photography, campaigns, as well as audiovisual production for companies and individuals.

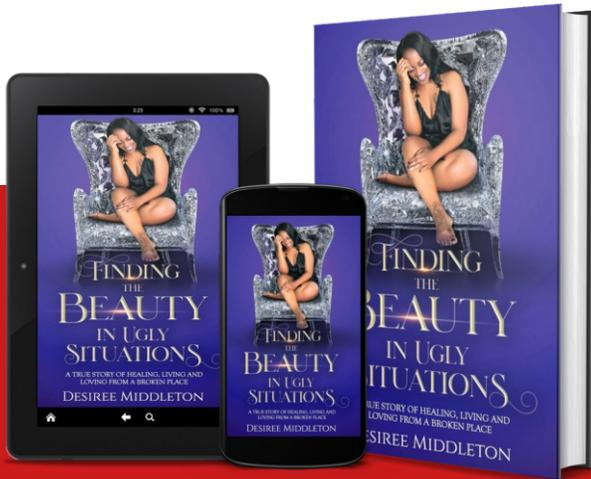
# AURÉLIE BIDERMANN

BRITISH HERITAGE  
COLLECTION AUTOMNE-HIVER 23-24



AURÉLIE  
BIDERMANN

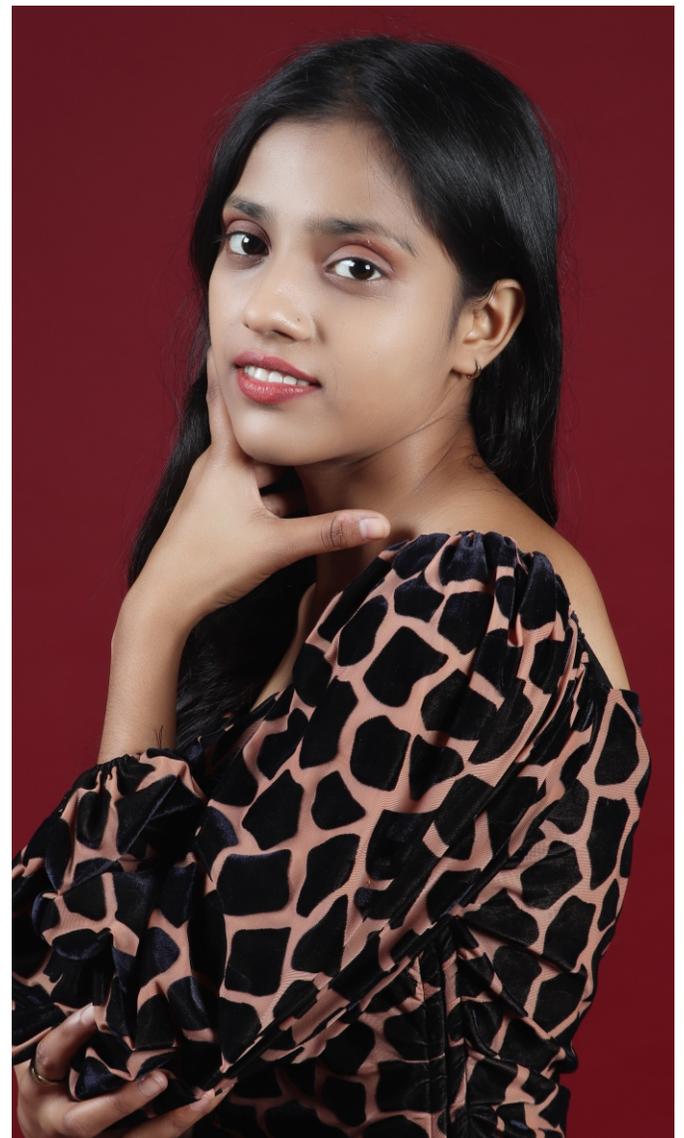
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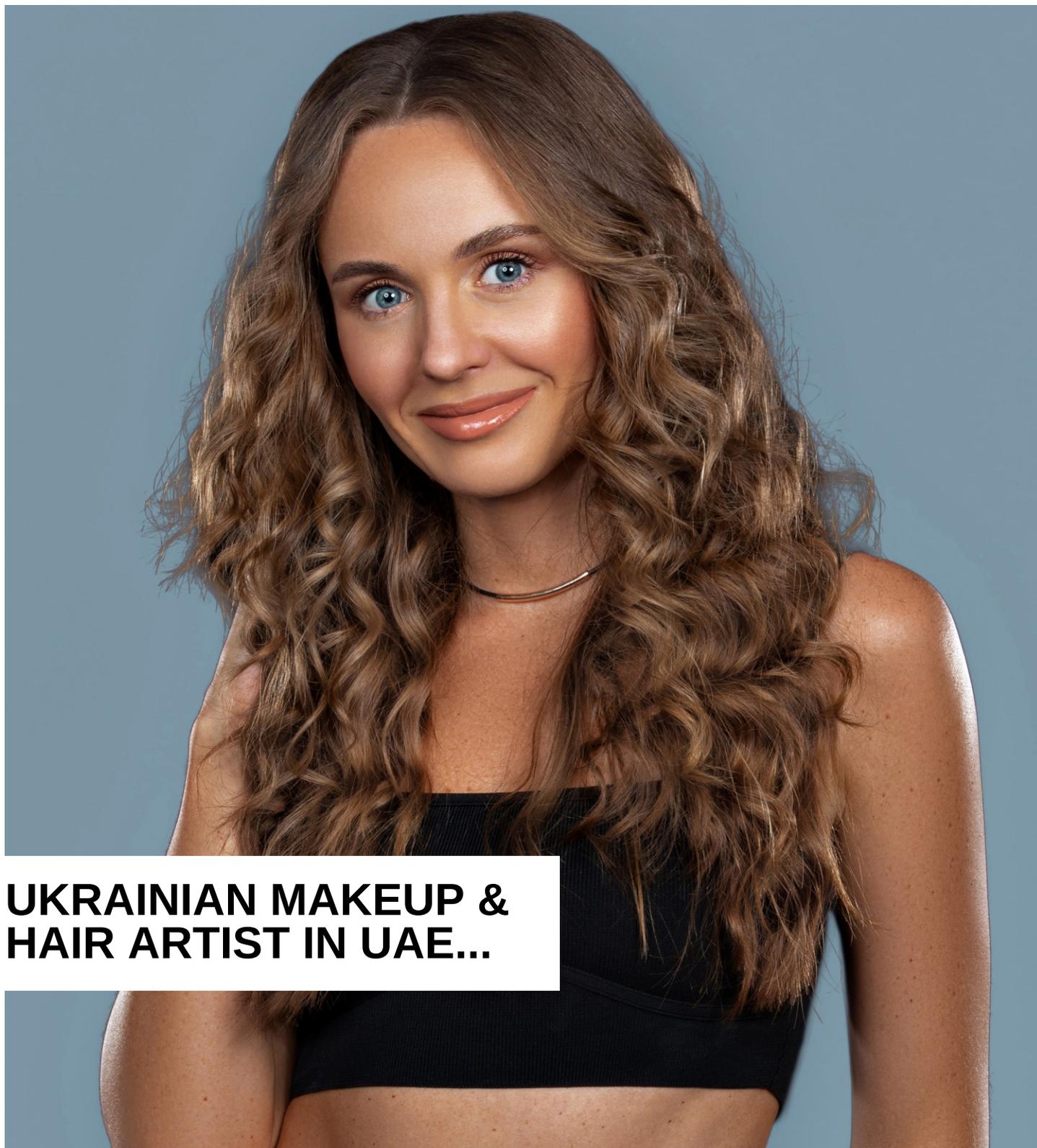
## 'FINDING THE BEAUTY IN UGLY SITUATIONS' BY DESIREE P. MIDDLETON

Finding the Beauty in Ugly Situations, written by Author Desiree P. Middleton will take you on an emotionally uplifting ride as she guides you through the very ugly chapters of her life. Beginning early on in her childhood by experiencing grief for the first as she knew it when she lost her favourite barbie doll after it was chewed to pieces by her brother's German Sheppard puppy. Desiree timelines these very ugly instances chapter by chapter as she vividly describes childhood sexual assault, having low self-esteem, rape, teen pregnancy, dropping out of high school, experiencing domestic abuse, heartbreak, alcoholism, financial strains and much more.

This book will keep you entranced chapter by chapter, captivating your attention, by not allowing you to put it down once you pick it up. Giving you the motivation and courage that you may need to overcome your own ugly situations. The author's stance within this story is to "just keep living...", encouraging you to never stop where you are, if she can overcome, so can you, regardless of what you may be facing. Written during a time when she was dealing with heartbreak due to an unfaithful marriage, Desiree turned back to her love for writing to heal past the pain. She credits her ability to indulge in her writing emotionally to help create vivid, and powerful stories leaving the reader to feel similar emotions. Her gift of motivating herself and others is what creates this amazing work within this 173-page book. Be sure to read and be amazed at what one can overcome, you will feel a sense of wanting to push forward even through your own ugly circumstances.



# ELENA ZHOSAN



**UKRAINIAN MAKEUP &  
HAIR ARTIST IN UAE...**



*Character Intelligence  
Strength Style  
That Makes a Stylish Boy*

# UNPUTDOWNABLE BOOKS

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## A LIST OF PAGE TURNERS LIST 2

SCIENCE FICTION

POETRY

RELATIONSHIPS



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