

DECEMBER 2019

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magazine

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READY-TO-WEAR

DOLCE & GABBANA



Collection Spring 2020

READY-TO-WEAR

DOLCE & GABBANA



*“We were in the jungle.
The Sicilian jungle!
We enjoy making something glamorous, and we love the
sense of happiness, summertime. It’s our philosophy.”
said Gabbana.*

*A runway carpeted in leopard print and the show space
decorated with giant palms.
Dolce & Gabbana’s collection
had 124 looks of amazing craftsmanship!!!*



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Being a French girl is this season's choice,
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*In this collection Virginie Viard,
introduced Chanel's suggestions for a young woman.*

*An expression of the "atmosphere of the Nouvelle Vague",
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READY-TO-WEAR



ELIE SAAB



Collection Spring 2020

READY-TO-WEAR



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*Elie Saab described the collection as
“a reflection on the diversity
than animates the great savannas of Africa.”*

*An journey of “chic”, “safari chic”,
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READY-TO-WEAR

ZIMMERMANN



Collection Spring 2020

READY-TO-WEAR

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*Zimmermann's Spring 2020 collection gives a summery mood and excitement!
A joyful Collection of a never-ending summer, filled with feminine, flattering designs that have helped the brand build a name for itself in the industry.*

Prints from retro surf posters, cool maxi skirts, crop tops, and strapless dresses.

Zimmermann said her inspiration was triggered by documentary she used to watch when she was at school, called "The Endless Summer".



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Collection Spring 2020



TEZENiS
underwear

TRENDS

SUMMER TIME!



Styles & Trends!



nce, summer is now established, as a season and as a mood, style and fashion follow.

These are some cool summer looks that you can always have as choice!

Nude pants:

If there is one color that fits perfectly with tanned skin, this is undoubtedly the *nude* and everything in *beige*. One of the most comfortable and at the same time *stylish* elements of a *summer look*, are the nude pants or pants. It can be worn in many ways, taking off the style you choose, for each outfit! In a more *office look* style, with a wider finish and discreet black pumps, it's the perfect choice for a summer day at the office



Boho touch & Gipsy look

If you belong to the category of women who are looking forward for the summer because they can wear their favorite boho style, new are good! The boho dresses will be here all summer and matched with your favorite accessories will create exciting summer looks. Of course our favorite boho dress in combination with pumps or even our convenient sneakers will highlight our favorite style of the season. Everyone who love this lighter mood will adopt the gypsy style, not only in their daily and slightly more informal appearances, but also during evening outings. Boho & Gypsy look is a whole mindset and look and styling philosophy!



One shoulder tops:

One-shoulder tops, were the highlight during the 90s, matched with simple jeans for her morning and afternoon, or skirts for evening outings. As we have said, 90's is a fountain of fashion, with many trends coming back over and over, to become a *must* and *one shoulder tops* would not be an exception to all this. From Paris Hilton and Cameron Diaz to the present day, they have established themselves on the top of summer trends.



Kimono:

Whether you choose to wear it over your swimsuit, or over your shorts and top, kimono is one of the few clothes worn exclusively in the summer and that is why it gives the impetus to our summer style.



Polka dots & Floral:

We mentioned it already. Polka dots and floral are top prints for summer no matter what you choose. From dresses to swimwear.

Mules:

We will say this again: "The mules came back and came to stay". As platforms have been in recent years, this is exactly how mules work this year, since they are a "*must*".



Small bags - '90s style

In the summer, as doesn't require a lot of clothes, so it doesn't big bags. *Small bags* that were absolutely trendy in the 90s, are here and you can choose from a variety of styles, with dominant choice the *straw bags*!

TRENDS

BLACK NETS!



Go for the Trend!

Black Nets!

For “different” evening appearances!!!



Black, has always been considered, to be a main color choice for evening appearances! Evening-wear is going back to black, but do not think it is boring.

The main look is called “mermaid after dark” with a bit of net design in interesting spots.

Gabriela Hearst went for an off the shoulder, *Vera Wang* made a re-appearance on the runway with *netted skirt*, *Cong Tri* took an all-over sultry take on a plunging gown, while *Elie Saab* black evening gowns, are amazingly powerful and black netted blazers by *Mugler* and *Gabriella Hearst*, give a completely different summer vibe!

*Get inspired from the looks
as presented during
Spring 2020 shows!!!*

1. *Gabriella Hearst*
2. *Cong Tri*
3. *Gabriella Hearst*
4. *Cong Tri*
5. *Yohji Yamamoto*
6. *Vera Wang*
7. *Elie Saab*
8. *Elie Saab*
9. *Elie Saab*
10. *Mugler*



STYLE

Casual Chic!



The Rules of Summer Casual Chic!

There are rules to follow for a Summer Casual Chic Look!



This is one of the most popular styles, as it combines many pieces together and is suitable for many hours of the day and many occasions.

The reason for the *casual chic*, that has gained a more fanatic followers than the *athletic/sporty*, which has been at the top for years.

Casual chic is not a difficult style to achieve.

It has one *simple rule!*

Choose a simple look, jeans with a t-shirt, a dress, bell jeans with a shirt and pair it with a pair of heels, or glam accessories and you're ready!

In the morning, it is quite easy to succeed it, and for the office, it is a one-way street if you do not want to have a strict office style.

Jeans, or classic tight black pants, with a cotton shirt or a t-shirt, can become *chic*, with a pair of pearls or a nude platforms.

For your afternoon, you can choose, your jean with a white T-shirt and a kimono.

Jeans tr in a classic, *skinny*, *bucket*, *boyfriend* line can be paired with a bright or neutral monochrome sweater, or shirt, depending on your mood.

For morning and work hours, you can also choose a monochromatic cotton or *knitted dress*, *safari*, *boho*, or *navy style* look.



STYLE

PUFF SLEEVES!



A "Statement" Choice!

Statement Sleeves: A strong trend of the season!



The trend inspired by the '80s is returning more dynamic than ever and spreads positive impressions!

We had seen it in the 80's...or others... only in movies! Defined by high waist jeans, oversized sweaters, with broad shoulders that all looked so "*bitchen*"!

Those who are in love with '80s fashion were "rewarded" in 2018, as the fashion of this 80s golden decade, became the biggest inspiration for all the upcoming trends of the year.



So one brought the other and through many different elements that characterize the fashion of the 80's and which many designers brought to their collections, with a more *contemporary look* and the result:

Statement Sleeves became one of the biggest season trends.

With this trend having already left its mark on previous seasons, it continues to deliver unique and stylish looks.

Take a look at Spring/Summer 2020 collections, after all, and the runways confirmed to us that the trend of *statement sleeves* is not going to "go" for some years.

Who are we to challenge the stylish, urban inspired and *super cool style* of so many designers, so we found for you some bright examples that embrace this trend!

1.Versace-2.Marc Jacobs-3.Philosophy di Lorenzo Serafini
4.Giambattista Valli-5.Brandon Maxwell-6.Alessandra Rich
7. Longchamp-8.Ulla Johnson-9.Maggie Marilyn-10.Rejina Pyo-11.ASOS



MANNGO



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Beauty Shopping!

DECEMBER
2019



Let's Gooooooooo!

Our top choices for December!

1. The Neck and Décolleté Concentrate, La Mer

Long hours bending over the laptop or mobile screen creates lines that, if left unattended, become permanent. **La Mer** solves the problem with the **The Neck and Décolleté Concentrate**, which restores the skin structure.

2. Couture Drama, Bobbi Brown

Bobbi Brown's new, limited edition **Couture Drama** eye palette, features ten shades - matte, metallic, shimmer, chrome - that allow for different makeup, depending on the time and mood. Play with colors and textures and highlight your artistic side.

3. Custom Eye Palette, Dior Backstage

Hues in a bolder expression by Peter Philips, creative image director of Dior makeup. **Dior Backstage 2019 Custom Eye Palette** includes nine shades for a natural or striking smoky eye look.

4. Le Lift La Creme Main, Chanel

If the formula counts in addition to the substance, then **Chanel** wins the bet once again: the far more attractive hand cream has an ergonomic oval shape, perfectly touching the closed palm, predisposed to the feel of the hands after product application. Enriched with hyaluronate, glycerin and herbal lipids, **Le Lift La creme Main** tones and moisturizes, reducing blotches and signs of aging. Balmain Paris

5. Hair Perfume, Balmain Paris

Not only is the nostalgic bottle with a foam for a uniform spray, but also the fascinating **Balmain Hair Perfume**. This hair mist, with organic argan elixir and silk protein, will become the last essential touch in an appearance.

6. Rouge Pur Couture YSL x Zoe Kravitz

Zoe Kravitz loved red lipstick - and especially **Rouge Pur Couture** - before becoming an ambassador for **YSL Beaute** makeup and perfumes. Now, she has been given the opportunity to sign **Rouge Pur Couture YSL x Zoe Kravitz** series, available in three red and three nude shades, both in satin and glittery versions.



TOP ROW FROM LEFT TO RIGHT:

1. Custom Eye Palette, Dior Backstage
2. Couture Drama, Bobbi Brown
3. Custom Eye Palette, Dior Backstage

LOWER ROW FROM LEFT TO RIGHT:

4. Le Lift La Creme Main, Chanel
5. Hair Perfume, Balmain Paris
6. Rouge Pur Couture YSL x Zoe Kravitz

L'INTERDIT

THE THRILL OF THE FORBIDDEN. THE NEW FRAGRANCE.



GIVENCHY

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Christmas

Red Beauty!!!



Your Xmas Beauty basket!

All is Red!!!

One of the trendy colors of this season, is the intense red.

The one that stood out on the runways by *Balenciaga*, *Valentino* and *Dolce & Gabbana* was the fiery red, a color that stands out in beauty as well.

From the iconic red lipstick to the impressive packaging of new fragrances, this color inspires us to live in a passionate Festive Season!

1. Tatouage Couture (No 30 Outrageous Red), Yves Saint Laurent Beauté

Yves Saint Laurent's new make-up reverses the rules and marries nude shades with fiery red. This is the new *Tatouage Couture* that leaves a matte, velvety effect on the lips, highlighting sensuality and ruthless femininity.

2. Rolling in Love, Killian

Kilian's creative and artistic director, *Pascal Gaurin*, has introduced his new fragrance, *Rolling in Love*. Besides its unusual smell, innovative is also its red color.

3. Mascara Volume Disturbia, Givenchy

Givenchy's new mascara, *Volume Disturbia*, features a brush that achieves an even application, increasing eyelash volume by 41%! As for its duration, it touches the record time of 24 hours!

4. Carnal Flower, Editions de Parfums Frédéric Malle

The *Editions de Parfums Frédéric Malle* collection marks the return to luxury perfume with a personal touch. We chose *Dominique Ropion's Carnal Flower*, a composition based on overwhelming tuberose.

5. L'Absolu Rouge Ruby Cream, Lancôme

The top lipstick of the season is signed by *Lancôme*. Creamy in texture, *L'Absolu Rouge Ruby Cream*, with pro-xylane and rose extract, leaves a strong moisturizing feeling. It comes in 15 shades.

6. Like Passione Red Maestro, Giorgio Armani Beauty

Created by French perfumer *Julie Massé*, this new version of the famous *Si Passione* fragrance retains its same base while adding red pepper and a jasmine composition. The notes of vanilla and white musk in its heart, give even more passion and dynamism.



TOP ROW FROM LEFT TO RIGHT:

1. Tatouage Couture (No 30 Outrageous Red), Yves Saint Laurent
2. Rolling in Love, Killian
3. Mascara Volume Disturbia, Givenchy

LOWER ROW FROM LEFT TO RIGHT:

4. Carnal Flower, Editions de Parfums Frédéric Malle
5. L'Absolu Rouge Ruby Cream, Lancôme
6. Like Passione Red Maestro, Giorgio Armani Beauty





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Summer Time



The Absolute Make-up!

you need no effort, or countless products,

to reveal your sun-kissed skin under the magic of a summer sunset!!!

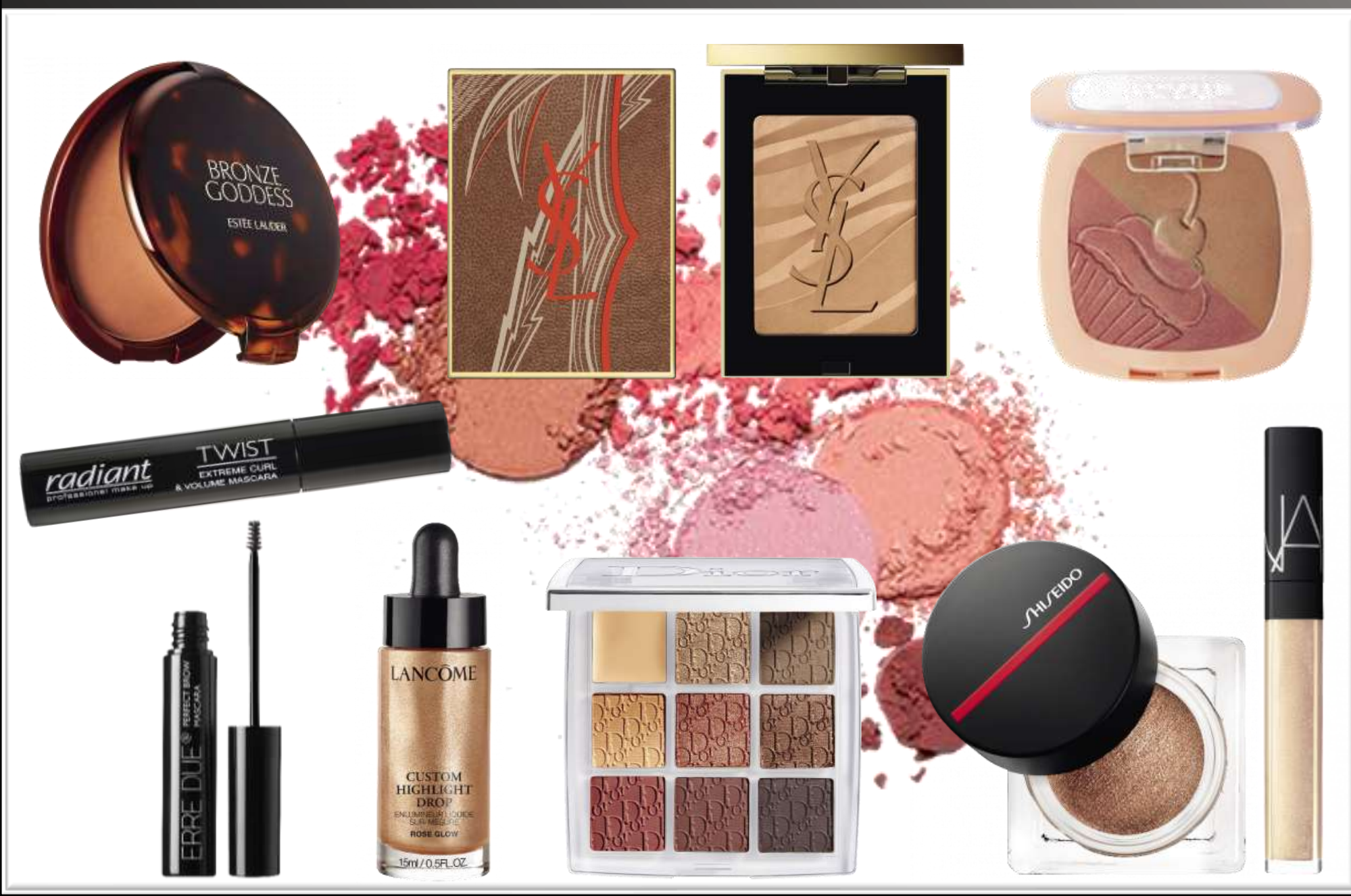
- Invest, in a palette of *earthy shades* and accentuate your look by applying light shades to your eyelids.
- Deepen the look, using the darkest hues on the outer corner, the iridescent to the eye contour and the deeper, reddish tones, on the lower lashes.
- A *mascara*, your *bronze powder* and a *highlighter*, are all you need to complete the look.
- Top up!

For summer holidays, *multipurpose* products are among the best choices!

Put in your beauty bag a makeup product that gives glow and can be used as a lip gloss, iridescent eye shadow or as a liquid highlighter for your cheeks. You will remember us!

Suggested Products:

1. Bronze Goddess Powder, Estée Lauder
2. Creamy Bronze Powder, Les Sahariennes Bronzing Stones, Yves Saint Laurent
3. Bronze powder and blush, Cherie on the Cake, L'Oréal Paris
4. Volumizing Mascara, Twist Extreme Curl & Volume Mascara, Radiant
5. Eyebrow Mascara, Perfect Brow Mascara, Erre Due
6. Liquid highlighter, Custom Glow Drops - Champagne, Lancôme
7. Shadow Palette, Dior Backstage Eye Palette Amber Neutrals, Dior
8. Multi-use, liquid highlighter for face, eyes and lips, Aura Dew No3, Shiseido
9. Multi-use, iridescent lip gloss, Star Babe Multi-Use Lip Gloss, NARS





JOY

DIOR

THE NEW FRAGRANCE

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SPARKLE!



Glitter is a "Protagonist"!

Nothing impresses more than dazzling glitter!

The intense colors and shimmering textures. add another dimension to the makeup this season, as seen in the recent runways. Glitter shades, even with crystals, were not missing from the models in the shows of *Marc Jacobs*, *Fendi* and *Valentino*, while at *Gypsy Sport*, we even saw body painting in the same way.

As the holidays approach, it may be time to review your beauty kit.

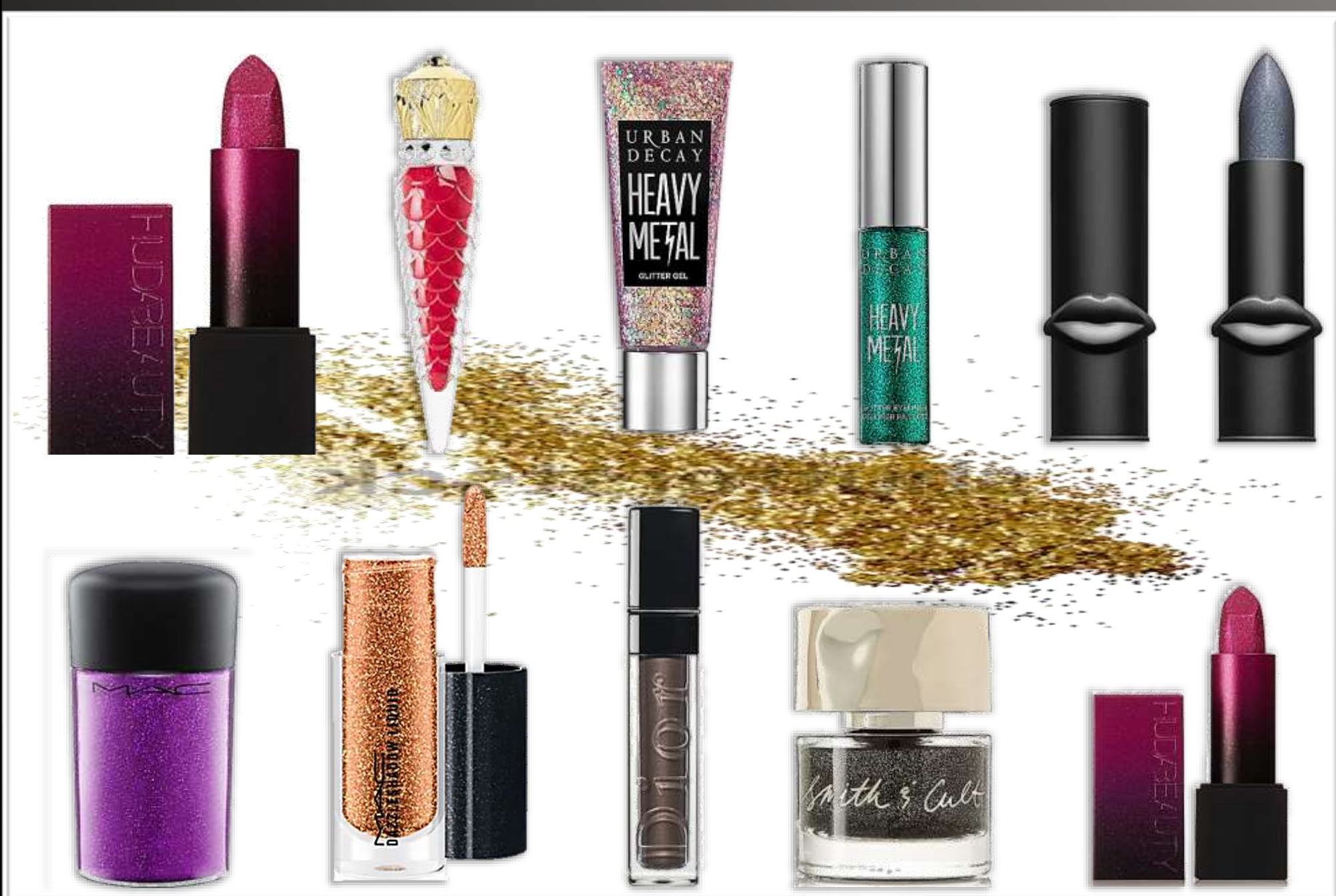
The emphasis is on the eyes, with glossy shades in irresistible liquid or powder shades!

Next, are the lips, where the darker and more subtle tones, are enhanced with glitter.

The glitter could not be missing from the nail polishes, which are worn alone or in combination with nail art, which also had its honor, in the backstage of the shows.

Below you will find, the most glam textures:

1. Power Bullet Lipstick- Liquid Matte Metallic (Cake Day), Huda Beauty
2. Loubiglitnergloss- Alminette, Christian Louboutin Beauty
3. Heavy Metal Glitter Gel (Saturday Stardust), Urban Decay
4. Heavy Metal Glitter Eyeliner (Stage Dive), Urban Decay
5. Lip Fetish Astrals (Astral Blue Star), Pat McGrath Labs
6. Pigment (Pink Pearl), MAC Cosmetics
7. Dazzleshadow Liquid (Brilliant Blinking), MAC Cosmetics
8. Diorshow Liquid Mono (No 480 Graphite), Dior
9. Dirty Baby, Smith & Cult



By

Christian
Louboutin



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EVENING MAKE-UP



For Amazing Appearances!



hat are the secrets for perfect party looks

and how will you “shine” like a star?

THE SECRET:

Invest in a good quality setting spray but don't forget to "set" your look, at strategic face areas, such as under the eyes or in the T-zone.

The setting spray, is the final step, since it will "lock" everything you've created with much effort. Choose products, that while applying makeup give a “glowy” finish to your look and only after the final "spray" check if and where, you will add extra shine, to the cheekbones, for example.

THE WINNER LOOK:

There is a “secret formula” to trust, for most evening outings.

Which one, is it?

Flawlessly shaped and full eyebrows, lips in striking red, whether you want a matte, or a glossy effect and glitter on the "high" facial areas, such as cheekbones and a little on your nose.

Use a gloss with plumping effect to make the lips look richer and never miss a product that will give your eyebrows volume, without appearing abnormal.

THE BIGGEST MISTAKE:

Experimenting and creating trends with evening makeup, is all good and fine, but the element that can “sabotage” a good result is... the *eyebrows*!

Choose the natural effect, that exudes a youthful breeze and freshness and aim that your eyebrows look full and framed!

THE BIGGEST TREND OF 2019:

What do you think most celebrities will choose for this year’s holiday outings?

Get inspired by the Euphoria series we will find many ideas for glowing make-up, but not just with iridescent shades.

The other detail that will complete a *trendy look* this year, will be the small *rhinestones and crystals*, that will give extra shine, when applied on the upper eyelash line, or on the inner corner of the eye.



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Palettes Mania!



Hot Shades-Perfect Look!

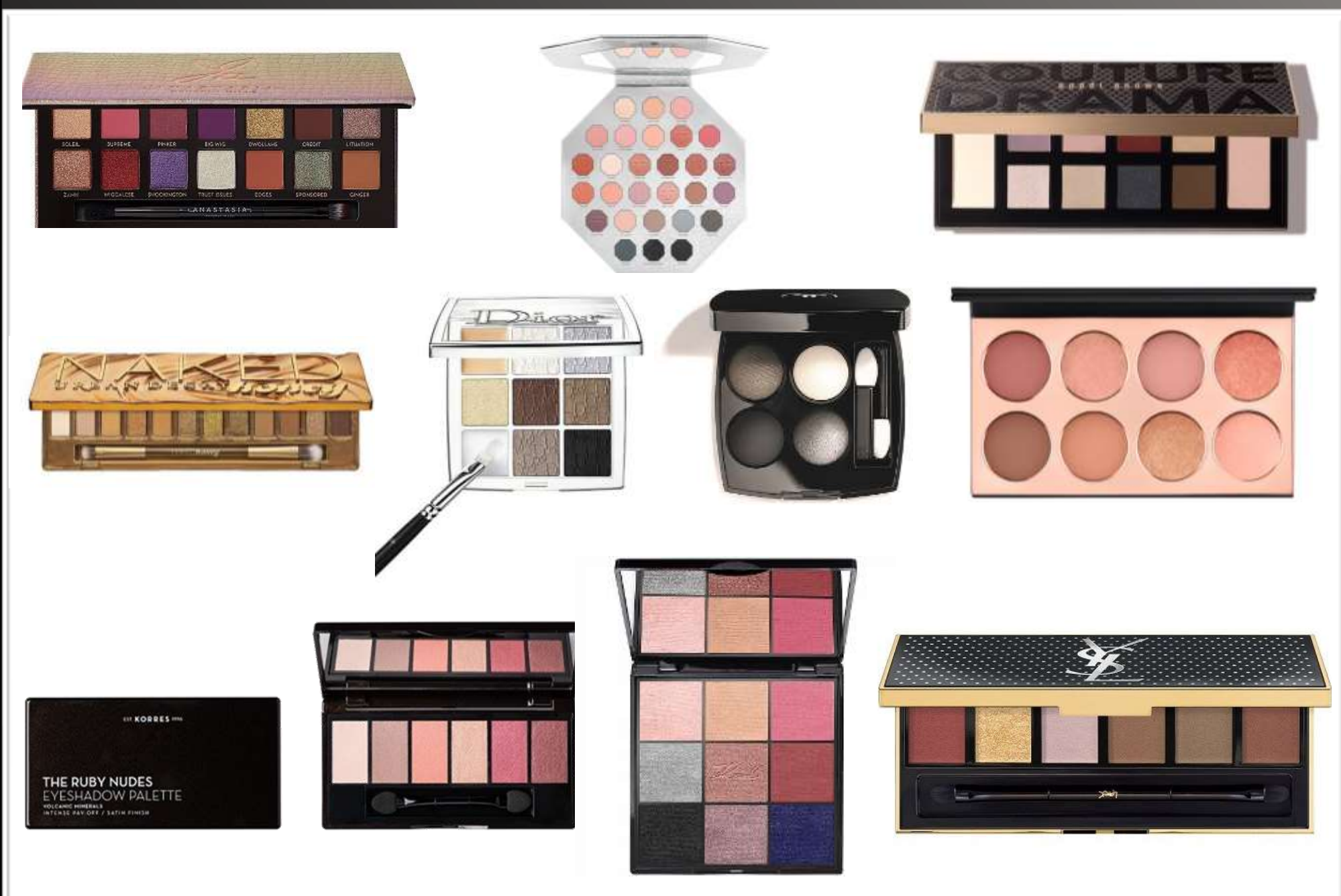
You can not say “NO” to a New Make-up palette!!!

Whatever eye products your beauty collection has, it is hard to say "no" to a palette that combines the hottest colors of the season, with the professional result!

These Pro tips will help you create an eye-catching look:

- Apply *primer* to your eyelashes before eye-shadows to give your makeup durability.
- Use a small, *dense brush* to apply the eye-shadows, while choosing a fluffy one for blending.
- For vibrant color, combine *metallic shades* with a *spray setting*.
- If you want to accentuate your look, apply the shadows along the lash line with an *eyeliner brush*.
- The next step after dipping the brush in the shade of your choice, is to spray it with a *setting spray* to give intensity to the shade performance.

1. Bobbi Brown Couture Drama Eye Palette.
2. Limited edition palette, from influencer *Jackie Ainer's* collaboration with *Anastasia Beverly Hills*.
3. Essence Supreme Party Eyeshadow Palette.
4. Urban Decay Naked Honey Shadow Palette.
5. Dior Backstage No 001 Shade Palette.
6. Chanel 4 Ombres Noir Supreme Palette.
7. Pony Park palette from the collaboration of famous beauty guru *Hye-Min Park* (aka Pony) with *M.A.C.*
8. *Volcanic Minerals The Ruby Nudes* Palette.
9. Palette from the collaboration of *Karl Lagerfeld* and *L'Oréal Paris*.
10. *Yves Saint Laurent Eye Palette Collector Fall Look 2019*.





CHANEL

LES NATURELS DE CHANEL

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BOLD & JUICY!



Do's & Don'ts!

JUICY AND PERFECTLY DESIGNED LIPS TO THE FOREFRONT!

There is no woman who does not look great with bold lipstick. Aside from the ideal *shade*, the search of which is a frequent concern, the next step on the list to look out for, is the *lipstick application* and the *beauty look*, that will accompany it. To dare, bold lipstick, daily without feeling that its color shades are “overpowering” follow these beauty rules and considered the “success story” a given.

Preparation is A and Z!

A good *lip scrub*, will work wonders for the perfect result, by removing dead cells from the lip surface and giving you a uniform effect, that lasts all day. Make gentle movements on your lips and if you do not have any specialized product make your own DIY scrub, with *olive oil* and some *sugar*, or alternatively lightly rub your lips with a dry toothbrush.

One or the other!

There may be no rules in makeup, and we love experimenting, but our everyday looks want to be characterized by *harmony* and *balance*.

When choosing an intense lipstick, all we have to do with our *eyes*, is to apply mascara on the eyelashes. to achieve an intense look.

Foundation on the lips!

With a very small amount of *foundation* above the natural lip line, you will be able to make the perfect outline, when it comes time to use your lip liner. If you like the *overlined look* make sure you don't overdo it, so that the end result, looks natural.

Don't forget the lip pencil!

This is the only way to achieve the perfect look. Carefully shape the contours of your lips, before filling them with your favorite color and make sure to blend the two shades (if slightly different), so that the result has uniformity.

Color all over the surface!

Go near the mirror and see if you have applied lipstick, all over your upper and lower lip. If you do not do this, you risk making your lips look smaller than they are, which you certainly do not want.

Don't overdo it with the face!

Your skin should look *fresh* and *shiny* if you have a strong lipstick.

The same is true with your eyebrows, which should give you a natural shape without exaggeration. This way your juicy lips will be in the forefront!



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LIBRE



By YSL!

Sexy, Cool, Floral!

As with all great creations, the elegant structure of the fragrance is based on contrasts.

Impressively bright, thanks to the sensual orange blossom and cool lavender.

Essential, thanks to the sparkling neroli and juicy tangerine.

Fiery, thanks to hypnotic vanilla and glowing amber.

A fragrance that is an ode, to the ultimate luxury of modern woman:

Her Freedom!!!



Libre Yves Saint Laurent for women Libre was launched in 2019.

Libre was created by Anne Flipo and Carlos Benaim.

Top notes are mandarin orange, lavender, black currant and petitgrain.

Middle notes are jasmine, lavender and orange blossom.

Base notes are Madagascar vanilla, cedar, ambergris and musk.



LIBRE

YVES SAINT LAURENT



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time

Wasters!



...in the dustbin!

Situations and people who hurt you, can change you and move you away from your true self:
A strong, brave and free person, who is worthy of being happy.

We all know that it is not easy to get away with something *emotionally damaging*, overnight.
Most of the times, when we want to get away from something, we refer to a physical threat, for example, a bumpy road, or a dangerous area, or a dark alley ...
Our brain is programmed, in a sense, to instantly recognize threats and to respond immediately: *attack or retreat*.

However, there is one thing we all agree on: *we cannot easily recognize, all the harmful situations*, and it can be even more difficult, for us, to convince ourselves, that we must *get out of them*.
So what should we do in this case? What happens when, for example, the person who hurts you, is a member of your family, or your partner?

The people who hurt you are not worthy of you!

"People who hurt you don't deserve you." Theory is always much easier than practice.
You know deep down, that the person who destroys your *self-esteem* and doesn't respect you doesn't really love you ... but how can you force yourself to accept that?
And how should you react?

People who hurt others, only care about themselves!

When referring to people who hurt others, probably the first thing you think about is physical violence. Yes, unfortunately, it is a sad part of life. This kind of violence still exists and does not count for borders, cultures or class.

There is also another kind of implied, indirect, or silent violence, that is just as harmful!!!

There are people, who are empty of feelings of empathy, or unable to forge relationships based on mutual respect!!! People who always prioritize their own needs, are also *very destructive*.
Selfishness and inability to build a bond, through *understanding, trust* and *respect*, are traits that can undoubtedly cause, serious damage over time.

Words and actions can be devastating!

Sometimes it's not just what they tell you - but mostly the way they talk to you.
They are using a derogatory tone, voices and sarcasm, trying to offend your self-esteem.
When a child grows up, in a *bad environment*, with *poor communication*, it can certainly be disastrous, harmful for the child's *self-esteem* and sense of *security*.
The way a person reacts to a relationship, the tone of their voice, and the way they present their own way of thinking, can reveal a lot about him.

Learn to protect yourself, from the people who make you suffer!

The real problem, mentioned above, is that people usually respond to physical threats, rather than emotional, or social threats, that threaten their self-esteem.

Usually the ones who cause the most damage, are *family members* or some very *close friends!!!*

What can you do, if your parents, partner or friend, doesn't respect or emotionally abuse you?

Don't be afraid, to set your limits and say '**NO**', to certain things you don't like or hurt you.

"No" is not a selfish answer.

It's the way you define your personality, with respect:

you inform the people around you, that they have to take into account, your views and that some things hurt you!!!

It is very important after this statement, that the other person responds.

If you realize that nothing has changed and they continue, to behave in the same way, then it's time to decide:

THE PERSON WHO HURTS YOU, IS NOT WORTH YOUR TIME & YOUR FEELINGS!!!

You must understand, that it is impossible to keep them all happy.

Trying all the time, to make all the people in your life happy, is a goal that will make you unhappy!!!

In life, you should be able to set priorities and the first priority should be **YOU**.

If you love and respect yourself, you will not allow others to harm you.

The most important relationships, you need to establish, are those that allow you to be yourself, and show you *love, respect, and understanding*.

As for people who don't respect you?

The only thing they deserve, is distancing or removing yourself, so that you can get a better emotional balance and protect yourself.

Stay away from them, or limit your communication with them, as much as possible and remember that setting these limits, does not mean you are a bad person.

You are strong, brave and a free person, and you have the right to be happy!!!

Don't waste your time on people who hurt you or disrespect your values and honesty!!!

My advice:

Time wasters... in the dustbin!!!

A red, stylized signature or logo, possibly reading 'm.j.p.', located in the bottom right corner of the page.

RESPECT



The Real Meaning!



hen we hear from our partner,

the question "*Do you love me?*", we automatically answer "*Yes*".

Without looking deep, into what we really feel: *love* or *dependence*.

After all, we often confuse our feelings: *habit, fear of loneliness, dependency, intimacy*.

One of the key features that distinguishes *healthy relationships* from *toxic ones* is: *Respect*.

Respect for a couple

In any relationship, *respect* means that I recognize the *dignity* of my partner's personality.

What exactly does that mean? The partners take into account the other side's point of view, hear their comments and needs, try to act in a way that does not frustrate the other half.

Respect requires *trust* and *freedom* in relationships.

In a marriage, the nature of respect can change. Spouses often complain about its absence!

Restoring this trait, which is necessary, for a *healthy relationship*, is difficult, but possible.

Let's think about the "*inner*" and "*outer*" side of *respect in family*.

In the first case, it is necessary to create comfortable conditions for the partner.

This requires a calm tone of speech and an authentic interest in each other's life. As for the "*external*" side, it means that a person needs to behave properly in public with his / her partner.

Not to offend the partner publicly and cause unpleasant situations or comments!

One's *personal space*, or one's *freedom* must not be restricted by *prohibitions* and *manipulations*.

How do we show and build respect in a relationship?

Respect in a relationship is reflected in how we face and treat each other daily. Even if we disagree or have a quarrel (yes, quarrels occur in healthy relationships too), we can respect and value each other's views and feelings by reasoning fairly!

Respect has nothing to do with *control* or *manipulation*.

Respect allows us instead to feel free, to be ourselves and to love what we are.

So in a healthy relationship, *respect* includes the following elements:

- We talk openly and honestly to each other!
- We really hear what the other person is saying!
- We appreciate, our partner's feelings and needs!
- We compromise when we think it is needed!
- We talk kindly to each other!
- We support each other's interests, hobbies and careers!
- We evolve through a relationship, by evolving the relationship itself!
- We honor and respect each other's boundaries, no matter what happens!

Of course, although it is important to *respect* our partner in a relationship, it is equally important to show *respect* for *ourselves*. *Self-esteem*, is the key to building *confidence* and maintaining healthy relationships, as we set boundaries and build appreciation throughout our lives!

Optimism



The Secret to Longevity!

People with positive attitude, tend to be more nourished, physically exercised, have a balanced social life, friends, family, and these factors help them maintain Good Health.

Optimistic people, laugh more often, better and, as studies have shown, last!

Many years of research concluded, that optimistic people, besides being happier, are also healthier, with lesser risk from various diseases, some life threatening, and ultimately living longer than pessimists.

In fact, a recent study by *Boston University School of Medicine* professors, showed that they were more likely to reach the age of 85 years or older.

Experts analysed the results of two research projects: the first, concerned *women*, with an average age of 70 years, started in 2004 and completed 10 years later, and the second concerned *men* with an average age of 62, started in 1986 and lasted for 20 years. The researchers evaluated the participants and divided them into groups according to the degree of *optimism*, they displayed. It turned out that the *most optimistic group* of women lived about 15% and that of men about 11%, more than the less optimistic group.

Accordingly, Dutch researchers monitored for about 9 years, men and women aged 65-85 and found that those with higher levels of optimism were 55% less likely to die of some organic cause and 23% less likely to lose their life, due to heart issues compared to the "grumpy". Research by the University of North Carolina, which began in the mid-1960s examined approximately 7,000 students, concluded that 40 years later, 476 of them had died from various causes, most commonly cancer, while the most pessimistic were 42% more likely to die!

But how do researchers measure optimism?

In the category of *optimists*, rank those who predict positive prospects for their future in various fields.

They also evaluate the degree of optimism depending on how one interprets the good and the bad news: *Optimistic* people believe that positive developments are due to themselves, assuming that they will continue and expand into other areas of their lives. Conversely, *pessimists* blame themselves for whatever bad happens to them, believing that it will never end, affecting their entire lives. Somewhere out there, these ominous predictions become self-fulfilling prophecies, with "grumblers" at higher risk of pathological diseases.

Grumbling and Hypertension!

Finnish researchers evaluated 616 middle-aged men, with normal blood pressure at the start of the study. Their mental and mental status and factors that may exacerbate the cardiovascular system such as smoking, obesity, sedentary life, alcohol abuse, and family history, were also tested. 4 years later, it turned out that pessimistic men were 3 times more likely to suffer from hypertension than the happiest. Even more striking were the results of a study that found that of the 309 patients who underwent coronary artery bypass, half were more likely to be re-hospitalized six months after surgery, leading to the conclusion that positive thinking contributes to faster and better recovery. Other studies have shown that patients with a positive attitude to life have a better recovery after a heart attack. Positive thinking also proves that it can protect against coronary heart disease. Scientists at *Harvard and Boston University* evaluated 1,306 people, with an average age of 61 years, based on factors such as their degree of optimism, blood pressure, cholesterol, obesity, tobacco smoking, alcohol and family history. In the following decade, it was found that the most *pessimistic*, among them were twice as likely to develop a heart problem. Also striking are the first conclusions of researchers who examined the relationship between optimism and the development of HIV, concluding that a positive attitude to life delayed, the development of the disease and increased life expectancy.

Skeptisists, however, argue that *optimism*, may ultimately be the result, but not the cause of good health.

They claim that a healthy person, has a very good reason to feel happy.

The big question of course is whether one is born *optimistic* or becomes.

Are there people who maintain their good spirits regardless of the difficulties and problems of life and those who face setbacks are irreversibly pessimistic?

Experts in the scientific community are not yet in a position to answer these questions.

In any case, they wouldn't hesitate to ... prescribe some *optimism*, along with *exercise* and *good nutrition!*

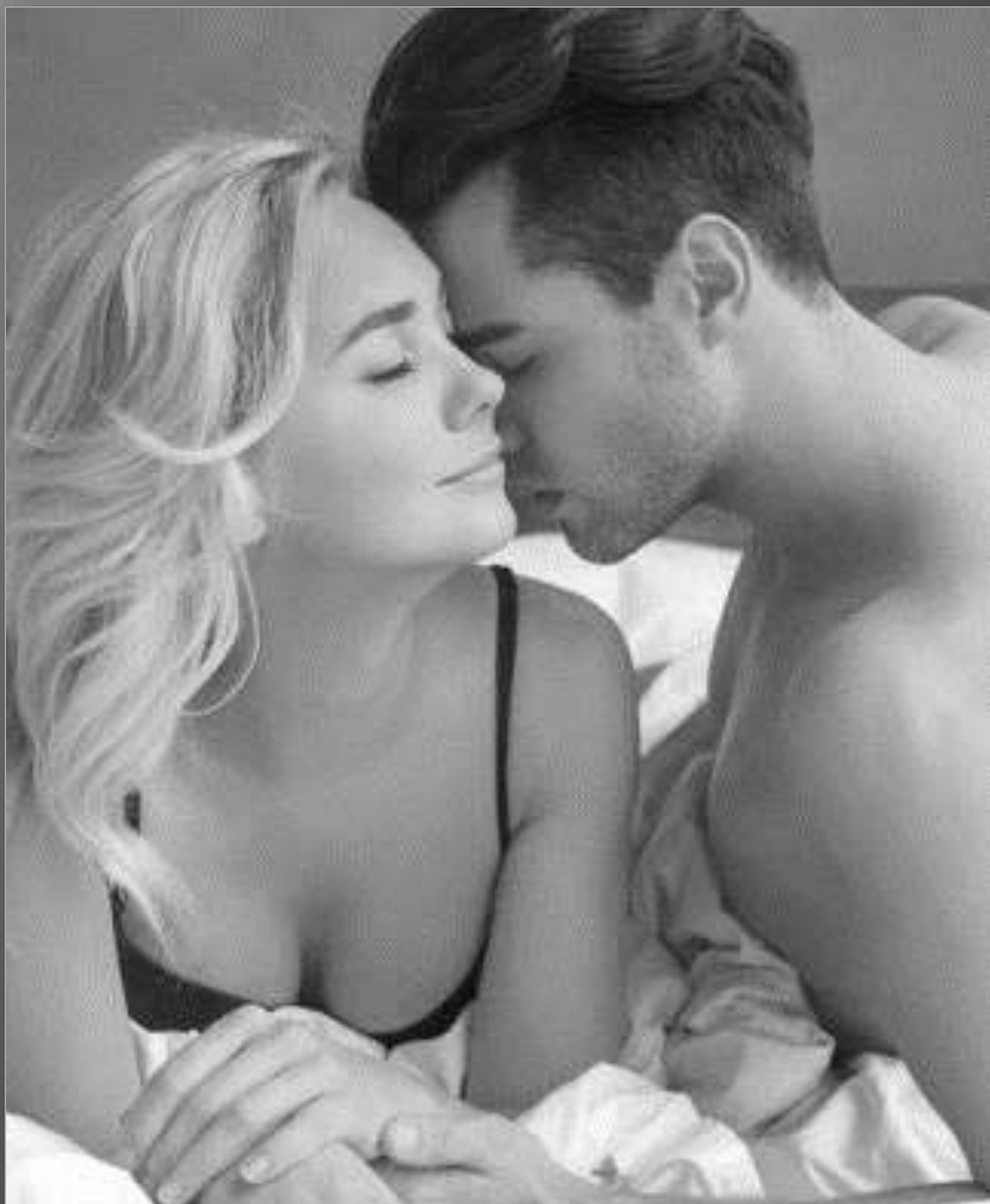


MISSONI

THE NEW FRAGRANCE
FOR WOMEN



SEX & AGEING



Add Years to your Life!

DO YOU KNOW HOW MANY YEARS SEX HIDES?

“Love” may not have “age”, but it certainly hides some, as it seems that frequent “sex”, has *anti-aging* action and acts as a natural “lifting”!

Healthy *sex life*, especially as the years go by, can make us look 5-8 years younger than we really are, says psychologist *Dr. David Weeks* from *Edinburgh Royal Hospital*.

According to the British psychologist, sexual activity leads to the release of *human growth hormone*, which contributes to skin elasticity. In addition, during sex, *endorphins*, the major hormones of pleasure, are released to fight pain and stress, contributing to a better quality of sleep. These are factors that undoubtedly promote the *youthfulness of the skin*.

According to the survey’s questionnaires, adults who have on sex three times a week on average, looked younger than they were, compared to those who had lesser encounters.

This does not mean in any way, that a mechanized approach, to sexual intercourse will work as an effective face lift.

David Weeks had pointed out that a satisfying erotic life that leaves its *anti-aging* traces on our faces.

Therefore,
frequent and enjoyable sex is a guaranteed *anti-aging recipe* with the “signature” of science.

Good
Morning!



Start your day with Sex!

These are some Good Reasons, to convince you to start Morning Sex Immediately!

Is there anyone who hasn't tried morning sex at least once?
Why asking? Many “perfectionists” avoid it, because they do not want to do it with the “eye gum”, or because they do not want to have bad breath, or because they don't like these times of day.

But a survey from 2017, tells you that the *best time* to have sex is at 9.00am, especially on a Sunday. If you frown your eyebrows, even listening to *morning sex*, the following reasons would stand to make a start and never look back.

- **Body ready...Over!**

Even if the mind and soul disagree, the body is ready for the morning, because of the changes in the sleep phases. That is, you may wake up with aroused clitoris and the other with an erection without necessarily having the appropriate mood. However, *biology* facilitates *morning sex*.

- **Maybe it's better!**

Some research, suggests that sex feels better in the morning because testosterone levels rise, at the beginning of the day. It is the hormone that both genders have and plays a huge role in how we experience sexual desire.

- **Goodbye stress!**

Morning sex, wins the morning *meditation*, in my humbled opinion, because it releases dopamine and serotonin and relaxes in the most natural way.

- **Better performance at work!**

Another 2017 study, showed that the 24 hours following sex helps you to be extra productive at work. And yes, if you are wondering, so is your boss. So with... “*one bullet, you shoot two birds*”.

- **Stronger Bond!**

It's not that you're not bonding, when having sex at night, but heavy schedules and different libido can get you “*off the hook*”. While, waking up in the morning, with “*sex breakfast*” and you both have a glorious, bright smile, for the rest of the day!!!

Enjoy your ... “breakfast”! 😊

The Trap of Expectations



A “Gate” for Hope or Disappointment!

**“Problem is the distance between expectation and reality!
So either expect less and accept the reality,
or expect a lot and turn it into reality!”**

The never-ending marriage proposal, the gift we deserved but did not receive, the compliments we did not receive, the professional recognition that did not come...

Would all this be so frustrating if they didn't have the expectation at their core?

The deposition of our hopes for happiness and prosperity in "magical thoughts"? No...

Should we not employ our “magical thoughts” to visualize and ultimately call what we want to happen to us? Of course, but with conditions!!! We should expect things to happen, while expecting nothing from others. It is acceptable to look ahead, for the afternoon to read your favorite book, since you know first-hand, that it is something that will give you joy with own participation.

In this case, such expectation is healthy and motivating. It can arm, with strength and courage to cope with a difficult day at work, knowing that returning home you will pursue your favorite activity.

Research also confirms this: *expecting a pleasant activity can help us overcome a difficult present situation, cultivate our discipline, mobilize our patience, to reap future benefits.*

On the other hand, if our expectations are based on our imagination and arbitrarily 'owed' to others, then they are unobtrusive and we should at least moderate them, as they can even bring a relationship to end.

If I expect to return home to find the dishes washed and the baby fed, because this is "right," and my partner has not shown such intentions, then my expectation is unfounded, frustrating and upsets me.

THE TRAP OF EXPECTATION

Expectations, create an *illusory reality* when we convince ourselves that something good will happen without our own input, or when other people are involved in it. In the other hand, they can very easily lead to a conflict, since our own beliefs, about what is the appropriate behavior of others, is a *utopian fantasy*, as the only behavior we can control is our own. We have no right to be angry, with others, for failing to live up to our expectations, which were not even clarified, nor to expect that others, who are considered important to us, should satisfy us, even if this is contrary to their values or desires.

Those, around us, do not exist in our lives to solve our problems, this is our responsibility!!!

But the prerequisite for solving our problems is faith in ourselves and in our own power. It is this belief in our abilities that will fortify us, so that we do not give such power to those around us, who magnify or belittle us.

So before we fall into the *trap of expectations*, we should ask ourselves some questions:

- Who is the only person on the planet, whose behavior I can determine?
- How realistic are my expectations?
- How feasible is my relationship to be full of smiles and understanding, permanently?
- How much does it benefit me to expect things and response from others?
- How fair is it to judge others, with my “own standards”?
- When a door doesn't open, do I break it?

A Japanese Zen teacher once said: "*Don't walk in my head with your dirty feet.*"

Each of us is a separate entity, with needs and desires, which, if successful and identified with those of our partner, our friend, our child, will be beautiful. If not, we cannot project these desires as a requirement to maximize our own happiness, nor look for hope outside of us.

So we must invest in *ourselves*, since the more power we have inside, the less we will ask of others, and we will replace the feeling of *dissatisfaction*, with that of *gratitude*.

Thus, whatever “extras” are given to us, from every relationship we will receive it as a *bonus* and we will be able to avoid feelings of bitterness and disharmony in our relationships, while maintaining our excitement!



MEDITATION & **SEX!**



The Benefits!!!

Can meditation improve your sex life?

Maybe you didn't know about the benefits of this favorite practice!

You've probably heard of the benefits of meditation for our health: In addition to relaxing us, reducing pain, helping us choose healthier foods, fighting premature aging and boosting our immune system.

However, you may not have imagined that it could not only increase our libido, but even improve our sexual performance!

So, if you haven't tried it yet, maybe the following benefits, will convince you to put it, into your sexual life.

It relaxes you:

Many couples say exhaustion is one of the main reasons, they do not have as much sex as they would like. *Meditation*, gives you deeper rest from sleep and restores the energy levels you need.

Reduces stress:

Increased levels of cortisol, the hormone released, when we experience stress, prevent female orgasm and cause erectile dysfunction. *Meditation*, not only reduces stress but also causes your brain to produce more dopamine and serotonin, hormones that increase *sexual arousal* and *orgasm intensity*.

It brings you to the "here and now":

This particular practice "engages" the part of our brain, associated with the sense of the present, so we pay more attention to what is going on, rather than dwelling on thoughts of the past, or anxiety about tomorrow. So we can enjoy the moment more and relax.

Improves your performance:

In particular, it enhances your ability to understand how people feel about you, and therefore, so your partner, during sexual intercourse. On the other hand, you must remember that connection and intimacy play a more important role, in sex than technique!



LET DESIRE LEAD THE WAY

MICHAEL KORS WONDERLUST

THE NEW FRAGRANCE FOR WOMEN



THE END

IS NEAR!



Signs & Symptoms!

You may not want to admit it, but if your relationship has these... symptoms, the end is near!

This is one of the biggest ironies in life:

Our insight, is proverbial when we express our view of our friends' relationships, but when it comes to ours, we can become extremely “short-sighted”. Emotional involvement plays, of course, the most important role in this: When we love someone, we find it difficult to accept that our paths will soon be parted. Other times it is not *weakness*, but *denial*.

After all, not all separations, are consensual. And let's not forget the selfish side. You may know that you have to break up, but your long-term relationship is ... too convenient to make a decision. If things in your relationship have not been going so well for some time, ask yourself, if it has begun to acquire any of the following characteristics.

If you see these symptoms in your relationship, it's time to have a “discussion” with your partner.

- **You're not quarrelling anymore!**

It may have been preceded by a period of tiring quarrels that you wished to stop. And it really did, you just didn't solve anything on the process. You just gave up trying!

- **You see each other lesser and lesser!**

You don't need to be together everyday. If, however, going out together, have been completely replaced by ‘boys' and ‘girls’ outings, you probably avoid to be with each other.

- **Nothing bothers you anymore!**

You look at his hair in the washbasin, completely indifferently and he doesn't even bother when he takes three hours to reply to the messages. Let's be serious. Obviously this relationship has issues!

- **You don't even remember the last time you had sex!**

We need to make it clear: There are healthy relationships, that involve little or no sex.

But that should be a real wish of both. If at the beginning of your relationship ... you broke a record and now you don't even touch each other, things are not going well!

- **You make individual plans, for the future!**

You are desperate for holidays, but you don't even think about proposing, to do it together?

Maybe this is not because you miss holidays with your girlfriends, but because you do not think, you will be together, until the flight date!

- **You no longer appreciate him!**

This is probably the most revealing sign. It is often said that the flaws we find cute at the beginning of the relationship, are the same ones that annoy us, later. But there is a third stage: It just seems ridiculous to you that it has not yet managed to correct, those aspects.

- **Looking for a replacement!**

Ok., it might seem too obvious as an “indication”. But not always consciously.

You should think, that the messages you exchanged with your ex, or that charming colleague, did not just happen and they mean more than you allow yourself to accept!

F.A.I.C.E.[™] Online
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FOR HIM

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DOLCE & GABBANA
Collection Spring 2020

DOLCE & GABBANA

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Spring
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LUDOVIC de SAINT SERNIN

Collection Spring 2020

Ludovic de Saint Sernin

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PHILIPP PLEIN

Collection Spring 2020



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RAINMAKER
Collection Spring 2020

RAINMAKER
KYOTO

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SKIN IRONY

FUTURE CLASSIC

swatch+
SWISS MADE

“PINK: SS 2020 TREND!”

*Pops, details, and suits in pink,
were an unexpected trend in menswear
for Spring/Summer 2020 !!!*



Menswear trends have changed rapidly and what was part of “womenswear world”, appears strongly to menswear! What, was considered to be “masculine”, has gradually widen its meaning in the Fashion World. Lines, styling, colors, that once would had been “stigmatized”, as more “feminine” and men, would think twice, before including them in their wardrobe, appear in menswear, more than ever before.

During *Spring/Summer 2020* runway shows, we experienced these “changes”, that break any previous stereotypes, in men’s fashion. *Masculinity*, is no longer expressed with a double-breasted grey or black suit and the menswear color palette, is now hosting choices, that before, would had been part of a “woman’s world”.

Men’s looks from the spring/summer 2020 collections of Dior, Louis Vuitton, Hermès, Comme des Garçon, Loewe, Thom Browne, along with plenty of other designers and brands, questioned what are traditionally considered masculine and feminine silhouettes and styles.

Across the world’s runways, from New York to Milan, we noticed the “invasion” of *pink* !

Pink is now established as a core color for menswear, breaking the boundaries, of a *pink* Oxford Shirt!

Editor’s question: Is Barbie going to loose her “*pink*” exclusivity?



From Left to Right: 1.Hermès-2.Dior-3.Hermès-4.Loewe-5.Ludovic Saint Sernin-6.Louis Vuitton..



From Left to Right: 7.Jacquemus-8.Sacai-9.Balmain-10.Raf Simons-11.Givenchy-12.Alyx



“SUMMER LAYERING!”

Do your “summer layering” correctly!



The Myth: Layering is a privilege of all seasons of the year, especially in winter, except in summer....

The Truth: And yet, the "game" of combining different clothes together, worn one over the other, is not only played on the coldest days and nights of the year, but also on the hottest, as long as, you know which pieces to “marry” with each other.

These summer styles, follow the rules of layering, for cool looks, in any occasion, formal or casual.

- **Bomber Jacket + sailors t-shirt + tailored pants.**

Whether made from suede, silk, cotton or nylon fabric, a *bomber jacket* is the coolest summer jacket you can throw over your shoulders on cooler nights, of the coming months. It can accompany you from the most formal to the most relaxed occasions.

We suggest you combine it, with what else? With the ultimate summer t-shirt: the *marinière*, with either horizontal or vertical stripes, in navy blue and white. Finish with tailored pants, in a slim cut line.

- **"Light" suit + Mao shirt + sneakers.**

For your formal summer appearances you will need a stylish and cool suit. So make sure it is made of the so-called "cool wool", a kind of wool that has the almost magical property of keeping one warm in winter and cool in summer.

Match it with the most interesting shirt you could have in your summer wardrobe: a *Mao collarless shirt*, which is ideal for the hottest months of the year. Finish the look with a pair of leather white sneakers.

- **Denim short sleeves shirt + t-shirt + chinos.**

One of the most misunderstood pieces of the men's summer wardrobe, since if you don't know how to blend them properly, the result is old fashioned, is the short sleeves denim shirt. In case you do not feel bold, to wear a floral, invest in a denim. Specifically, in a light color. Ideal match: a cotton t-shirt. Its best friend, chino pants. Light textile trousers, that come into your wardrobe to give you comfort, freedom of move and style in any casual look.

- **Blazer + shirt + cropped pants.**

An epitome of elegance and a summer smart casual look, the *blazer*, is the jacket you owe to your style when the occasion requires it. We suggest you avoid the classic navy blue and stand out with a blazer in the shades of ice gray.

Under it, choose a dark blue shirt, fitted in cropped pants, and ankle naked. One thing to keep in mind: the right length of the pants, for this look, is when its hem ends just one to two inches above the ankle!

- **Linen jacket + polo + loafers.**

The navy blazer is not the only summer jacket you can wear fearlessly.

There is also the jacket made of flax: a linen jacket. Its advantage is that it is perhaps the coolest fabric.

The disadvantage is that it creases easily.

Two things to look out for when wearing it:

First, it should not be tight, but it should fall loose on you.

Second, do a stylish layering, by matching it with a polo t-shirt.

Finish the look with a pair of classic tailored pants and a pair of leather loafers.





DOLCE & GABBANA



“TAILOR LOOK!”

*The details that make “The Difference”
in a Tailored Look!!!*



There are some small but extremely important details that exude elegance and style!

“Luxury lies in the details,” was one of the most famous quotes, by *Hubert de Givenchy*, the legendary French fashion designer, who founded *Givenchy* in 1952. A timeless phrase that reveals the great importance of the small elements, that complete an outfit, especially if it is a formal one, such as a suit.

These little details, to look out for, in order to have, a truly elegant result, are your accessories and shoes,

The Tie!

Do not underestimate it, by carelessly tying it around the collar of the shirt. If you do not tighten the knot so it does not look bulky, then you will not achieve a uniform and elegant result, regardless how fine is your suit. Always remember: The tie should not be thinner, than the collar of the shirt! So pay attention on both *details!!!*

The Belt!

When choosing the right belt, which will not tight and at the same time not too long when fastened, you need to be careful, about its size and fit. First, look at its length, as it reveals whether it is small or large.

Then, test the belt over the pants, you don't have to try it through the belt loops. To fit according to the size of your waist, it must fasten comfortably in the third or fourth, hole of its end.

The Shoes!

In recent years, sneakers with suits, may be one of the hype trends, but bad luck, the "king" of the men's wardrobe, requires the “king” of your shoes collection, to complete a stylish look “wedding”.

A pair of leather shoes, such as *brogues*, *oxfords* and *derbies*, is an ideal choice.

Choose them in black or better in dark brown, as Italian Style suggests, which matches all colors and all occasions from casual to formal.

The Socks!

Three things to keep in mind:

First, the length of the sock, is as long as it covers the calf and does not reveal skin when you sit.

Second, the fabric should be thin and fine.

Third, the color! All good and fine, with “different” socks or “eccentric prints”, but with a suit the most elegant choice, will always be a classic monochrome, pair of socks!





“WHITE PANTS!”

The “brightest” choices of white pants!



Black is the color of winter and white of summer.
A cliché assumption, that even if we want to reject, we almost adopt it, most of the times!
As white is not missing from any men's summer wardrobe, we have different looks, to enhance your summer style, blending correctly the brightest pants: White!

1. THE TOTAL WHITE LOOK IS FOR THE “DARING” !

Undoubtedly, white is the color that shouts "summer" and composes chic looks under the hot sun.
Though, getting a stylish total white look, is not as easy as “building” a total black outfit. So if you are tempted to try it, make sure you choose quality and classic pieces, such as a shirt and denim pants.

2. THE PREPPY GUIDE

Oxford shirts, chino pants, sports bags. Classical values, clean lines and college influences, are the foundations, to acquire, the coolest sophisticated style! White when combined with black creates a bold contrast, choose to match it with pieces, that are painted in neutral classic colors.

3. OLD NAVY

White with dark blue, will always be connected with sea and coast. To build a look that oozes the sea breeze, invest in the famous summer color combination, the one you come across in the classic navy style: white and navy blue.
Alternatively, choose pastels and earthy shades.

4. MODERN SAFARI

The most adventurous summer look, goes beyond the earthy beige shades. Nowadays, that fashion breaks the rules, an outfit inspired by the exotic safari trend, is not just the one that matches earthy colors with the neutral white.
The point is to bet not on the color, but on the “signature pieces”, of the particular trend, such as a military jacket and a shirt.

5. THE KING OF STRIPES

This year's trend of striped print, is not limited to the marinière, classic choice. Compared to the horizontal stripe of the marinière, which is usually wide, pinstripes are vertical and thin, resulting in a better flattering silhouette.
They make the body look more upright and remove volume from the abdomen and waist.

6. DOUBLE DENIM

Avoiding monochromes, will automatically reduce the risk of a wrong choice, that happens when e.g. your jeans are lighter than the denim jacket/shirt, you choose and vice versa. If the choice of white and black is too bold, opt for a dark blue denim jacket.

7. SUMMER HEAT

Break the white monotony with warm and earthy shades. Colors such as auburn (orange-brown) and the cool khaki, create elegant color combinations that depart from the logic of white with blue and giving the overall intensity needed, to make the difference. Choose them in jackets, T-shirts and shirts as well as in accessories.



Look1: Shirt and Pants: Armani Exchange, Loafers and backpack: Salvatore Ferragamo, Sunglasses: Lozza

Look2: Jacket, shirt, tie and pants:Gant, Sneakers: Hogan, Eyeglasses: Lozza, Bag: Polo

Look3: Jacket, waistcoat, blouse and pants: John Varvatos, Loafers, Belt: Polo by Ralph Lauren, Bag: Tod's

Look4: Jacket and pants: Massimo Dutti, Shirt: Diesel, Sunglasses: Invu, Belt: Polo by Ralph Lauren, Bag: MCM

Look5: Shirt, Bag and Sneakers: Louis Vuitton, Trousers: The Bostonians

Look6: Jacket, polo and jeans: Dsquared2. Backpack: MCM

Look7: Jacket: Replay Stores. T-shirt: Schott NYC, Trousers: Antony Morato

From Left to Right:



“TIME IS ... BLACK!”

*"A black watch
always leaves an aura of mystery and danger" !!!*



The black watch was a project of the US military. It was an order for the commandos and other special forces, which needed to become one with darkness and not to have any reflections, as any light towards them, was a risk, that their position would be revealed. But as is often the case with custom-made items, especially if they are accompanied by a “cool breeze of danger”, soon it received its formal commercial presence.

*From
left to right
1-5*



1. **Victorinox Swiss Army Night Vision Analog Quartz:** Victorinox is famous for its Swiss knife and this cool design has a similar toughness. It also uses regular PVD coating and at 42mm makes its presence felt. You could easily use it in a “night shift”!
2. **Braun Black Prestige Chronograph:** German Braun is a leading brand in industrial design and, although currently famous for its razors, it also shows pieces like this that emphasize its rich heritage. An almost classic one
3. **Ferrari Black PVD Chronograph:** A Ferrari watch, like a regular Ferrari, shows that you appreciate the speed, beauty and style of the ultimate speed car.
4. **MVMT Voyager Slate:** This 42mm watch is the best all-black design you can get. It's not a piece you will bestow to the next generation, but it definitely looks a lot more expensive than it is.
5. **Porsche Design Dashboard Chronograph:** Porsche Design has been manufacturing watches for 40 years and was a pioneer in the use of PVD coatings for non-military watches. The black silicone strap in this racing inspired version, enhances both its durability and its good looks.

*From
left to right
6-10*



6. **SMW Swiss PVD Automatic Chronograph:** You probably haven't heard of SMW, the acronym for Swiss Military Watches, and that's probably because it's made for the military - which gives this chronograph a great deal of credibility. At 47mm it is immensely large, but it can withstand severe cold and humidity and can absorb vibrations and high-altitude changes.
7. **Alpina Startimer Big Date Chronograph:** Alpina, founded in Switzerland in 1883, produces some of the coolest pilot watches, at very good value for money. This 44mm black model is nice as well as durable and will surely satisfy all your Top Gun fantasies.
8. **Zeno Diver's Swiss Quartz Watch:** This Swiss-made Zeno diving watch, with precision quartz movement and Special Forces style. The 46mm is one of the biggest watches on our list, so make sure the Stallone hiding inside you, can carry this model.
9. **TAG Heuer Formula 1 Analog Display Chronograph:** Among the most expensive models on the list is one that is well worth the money! TAG Heuer's Formula 1 series has been in demand since Ayrton Senna wore one in his race, and since then this watch has become an ideal model for speed lovers - whether you're SPEEDING on the road or on the ...PSP.
10. **Diesel Master Chief Quartz Chronograph:** A “milder” choice, for those who want to “go black”, but do not want a Top Gun, or a Military version, as this 46mm watch is not suitable for diving etc. Water resistant up to 100 feet (30 M).



“THE WINNERS!”

The Top perfumes and colognes, have the honor of taking home a FiFi! That is, the Oscars for scents! The Fragrance Foundation votes every year, on the best in packaging, media campaigns, and perfumery.

Below, the four men’s 2019 award-winners, that you can and should, try right now!



Fragrance of the Year - Men’s Luxury CHANEL BLEU DE CHANEL

Blue de Chanel took home two, 2019 Fifi Awards:
Fragrance of the Year-Men's Luxury and Media Campaign of the Year-Men's.

Fragrance of the Year - Men’s Prestige Dior Sauvage Eau de Parfum

Christian Dior's Sauvage Eau de Parfum was named Fragrance of the Year-Men's Prestige.

Consumer Choice – Men’s Paco Rabanne 1 Million Lucky

Paco Rabanne’s, 1 million Lucky was voted as the Consumer's Choice-Men's winner.

Packaging of the Year – Men’s John Varvatos JVxNJ

Nick Jonas partnered with fragrance & fashion brand John Varvatos on a signature cologne, and they took home the award for Packaging of the Year-Men's.

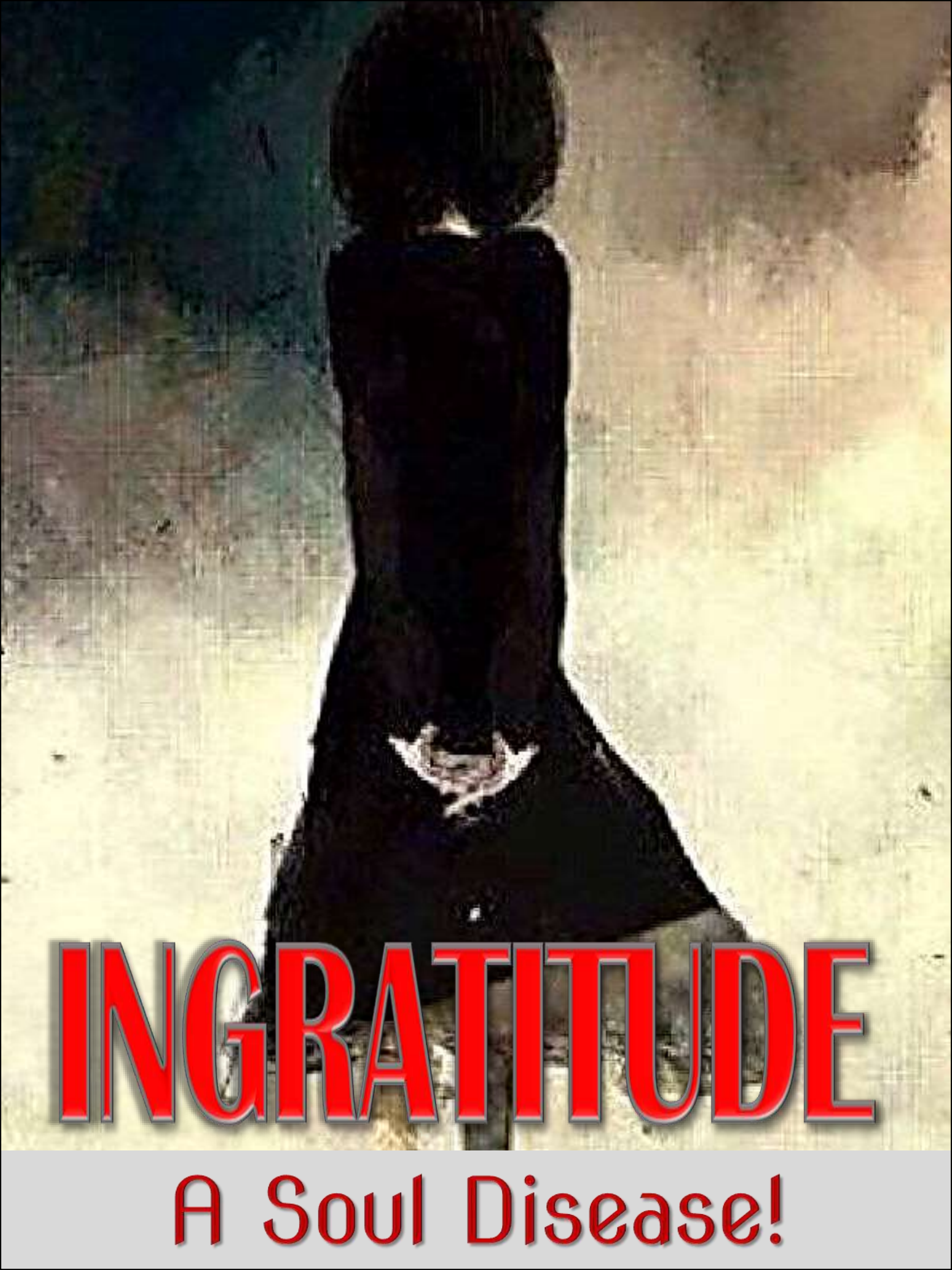


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INGRATITUDE

A Soul Disease!

One of the most common forms of mental illness is Ingratitude!

Those who consider it to be an exaggerated statement, should think, how rational and normal behavior, can be, *to bite the hand that supported you and offered you help!!!*

The faces of *ingratitude* are manifested, by not appreciating something that is offered and instead of been *grateful* the person is *ungrateful, disrespectful, or even creates problems* !

That also happens when someone is given something in abundance and does not share anything with the less favored, who are in need and don't have alternatives.

It happens, when a person appreciates nothing in those who have helped and assisted, during difficult times and after such persons have succeeded to overcome the difficulties, they turn their backs, without showing any *gratitude* and they care only for *themselves*.

Ungrateful is also the persons, that regardless what you do for them, they are never satisfied.

Especially such people, besides being *ungrateful*, they are also *dangerous manipulators* !

The ones who *forget, delete* what others have done for them and turn against them, when something does not go their way, or as they expected, or they are told their mistakes.

It is always difficult and painful to accept that one of our "own", who received *help* and *support*, will eventually turn to be an *enemy*.

We find it difficult to accept that our *relative, colleague, friend*, can betray us, deceive us, and hurt us, forgetting the *support, trust, love, generosity, time we spent*, or even the *sacrifices* we made for the person. But let us not forget that *Judas* too was one of *Jesus'* disciples!

Ingratitude and *ignorance*, are not simply bad behaviors, or just a sign of our times.

Not appreciating, is a mental disability!!!

Not having the courtesy to reciprocate *appreciation, love* or *gratitude*, in some form, implies *mental poverty and narcissism*. Hurting someone, who has helped you, is considered a *serious mental illness*, that needs *treatment*, without a doubt.

People with *deactivated consciousness* find *excuses* for their actions.

The lack of empathy for the fellow, makes them *ruthless, self-centered, toxic, dangerous*.

Is it a matter of *genes, experiences* or lack of *education*?

Undoubtedly, the *environment* can play a role in one's *psyche and values*.

The way people have been nurtured and treated, influences future behaviors and choices, to a great extent. *There are many reasons and even more excuses*.

In addition to describing the phenomenon, all we need to do, is take *personal responsibility for our actions here and now*. Each of us, is called upon to improve and evolve ourselves, by all means, at our disposal.

The key to conversion is *introspection, self-knowledge* and *spirituality*.

A person changes and goes beyond *genes, labels* and *past experiences*, if he/she wants and tries.

*Life only makes sense when we begin to tame instincts
and illuminate the dark corners of our being!!!*



Inspired by the psychological thriller: ACRIMONY (2018)...and other parasites...



THE ART OF MISDIRECTION

In order to highlight the art and power of misdirection,
I will start with a very old quiz, which surprisingly very few were able to solve.

Its history goes back to the 1930's, but I think it's still very interesting today.
Three friends, ended up at a hotel for an overnight stay. They asked for a three beds room, for which they paid 30 dollars. That is 10 dollars each. When they got to their room, the receptionist realized that he was wrong, because the room charge was only 25 dollars.
"He called the "room service boy" and gave him 5 dollars to refund them back.
The cunning little man, realizing that the 5 dollars were not exactly divided by 3, kept the two dollars for himself as a tip and returned the 3 dollars to the customers. That is, each customer paid 9 dollars for his stay, a total of 27 dollars and the young man kept 2 for himself.
So the question of the puzzle arises: As, the amount the customers paid and the amount kept by the young man, are equal to 29 dollars, where did one dollar go, from the original 30?

It is worthwhile to torture and test your mind a bit...

Why did I start today's article with the puzzle? I'm really amazed by the developments worldwide and the statements I watch on television, expressed by politicians and journalists. I thought that in modern Democracies, the *misleading lies* and inaccuracies, would have been reduced or disappear.
After all, it is generally accepted that the biggest lies, are said before marriage, and after hunting and fishing! Unfortunately, this is not the reality, as we continue to live in delusions, misleading lies and fake news.

The classic case and definition of "*misdirection*"!

Politicians, as well as, every day people, rather than admitting, that they made a mistake, or they can not fulfil their promises to the citizens, so the debate would end there, they "drag" us into other "directions", by creating "new problems", that will "re-direct" the public interest and attention, confirming *Naveed Qazi's* quote:
"The truth is simple, but the politicians make it complicated."

It is downgrading our intelligence, anyone who attempts to disconnect two events.

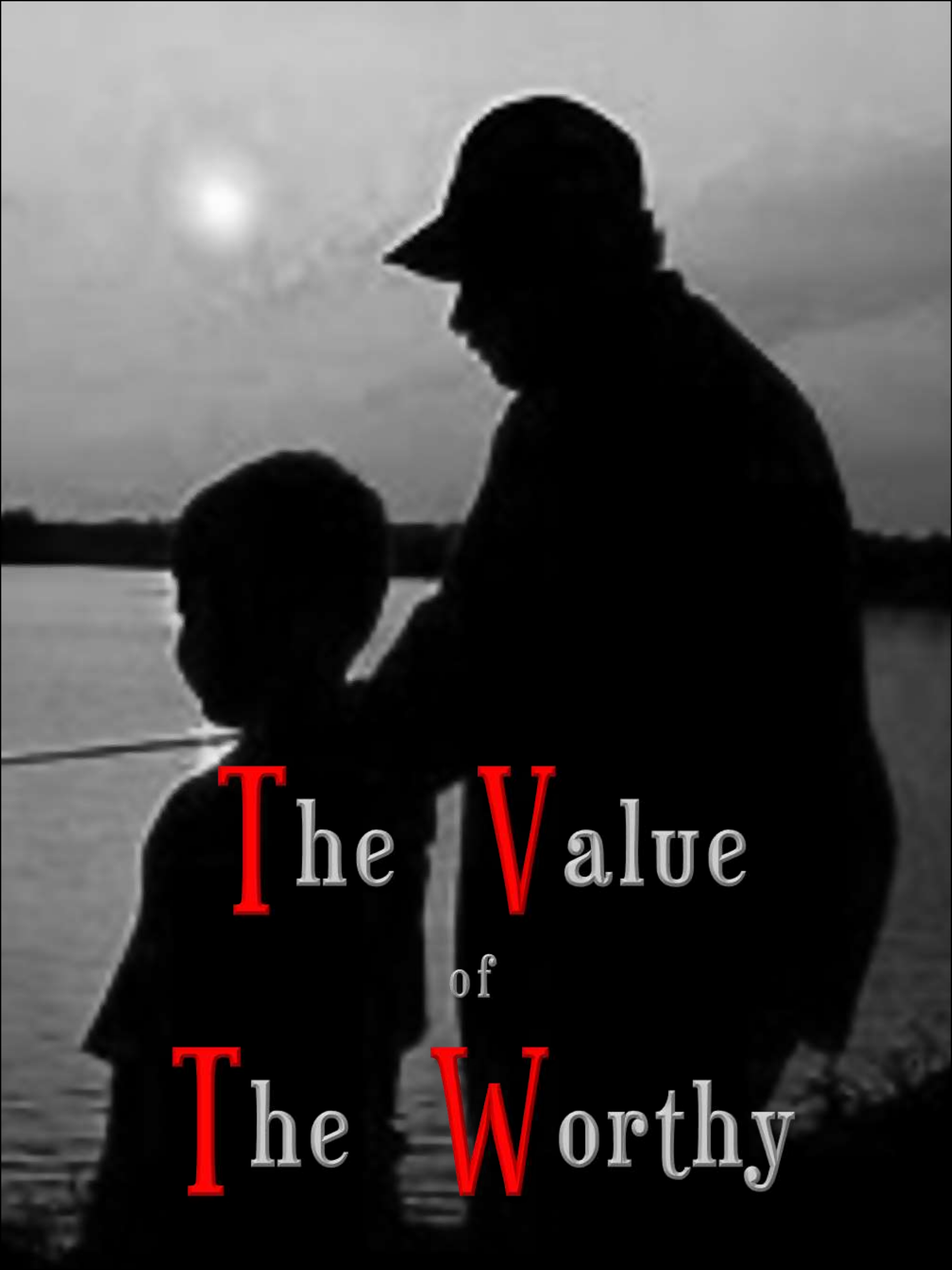
I realize that quoting pointless discussions is tedious, but unfortunately necessary.
Unless we understand the methodology and the tricks of our politicians, we will unfortunately be doomed to be ruled, by those who are good at misleading and not at effectiveness and delivery of their promises.

Those of you who have reached reading up to this point, are entitled to the reward, which is no other than the right solution to the puzzle, which is so simple that it will surprise you!

The initial 30 dollars, were distributed as follows:
The hotel received 25 dollars, the young man 2 and the three friends 3 euros, a total of 30 dollars.
There is no lost money! It is the formulation of the problem that misleads your thinking.

I am sure, that from today onwards, you too, will try to see through politicians' debates and statements, the tricks they use to *mislead* us, in order to present us the things they want and not the way they are!





The Value
of
The Worthy

A 12-year-old boy, a sophomore had spiritual worries.

So one day, he asked his grandfather.

- Grandfather, why, just a few people, get such high salaries? And even get other benefits?
- Because, my child, those who are proficient in a society, need to be paid a great deal.
- But why, grandfather? The farmers e.g. doing a lot harder work ...
- I will tell you a fairy tale to understand.

In the very old years, on the slope of a mountain, over a valley, was built a village. Its inhabitants were poor farmers, who cultivated the fields, that were bellow the village. But there was no river nearby. And for their needs they were forced to carry water with buckets, from a spring above their village, just over halfway of the hillside. This was mainly women's work. They worked everyday and it was very tiring.

But one resident of the village, who had a sharp mind and was intelligent, thought, that instead of carrying the water from so far, he would make a pipeline with clay pipes, that would bring the water from the spring into their village and then down the fields.

Eventually he succeeded to do it. The farmers, of course, helped him as well, as he was guiding them all and explaining exactly what they needed to do, and he was constantly supervising the progress. When the water finally reached the pipes in the village, and the water tanks were full, everyone was very happy.

They even made a feast, in which they honored their clever fellow villager. They anointed him, as a benefactor and crowned him in the square, with a laurel wreath. They promised him to help him, not to work in the fields, and to support him in whatever else, he thought was good for their village.

Now do you understand, my child, why the highly skilled or intelligent members, in any society, need to be remunerated accordingly? Do you understand, why we should embrace them, listen to them and to honor them?

Societies, progress, because of their “wise-men”, who think differently!
Hard workers are also important, in order to action and to complete any project, but without the wise, innovative, knowledgeable and creative, they work harder to achieve the same results. That’s why wisdom and knowledge deserves more!

- Yes. And I also agree, that it is silly, when a society does not take the opportunity to use, for its own good, its own prosperity, the worthy, intelligent and inventive citizens.

And taking a grandiose style, the boy added:

- We must listen to them and benefit from their wisdom and knowledge!

The grandfather was proud of his grandson and remarked.

- ...As long as, we choose, the truly competent...!!!





Illiterates
&
“Know it all”

The historical survival of the development of humanity, depends on a huge number of factors!
It is extremely difficult, even for today's Historians to agree on them.

Imagine how difficult it is, for every day people!
Though, many are absolutely sure, that they "know it all".
This "*knowledge*" they "claim" to possess in other areas as well... from politics to ...sports...
They "borrow" it, from amateur and unsustainable readings, from irresponsible talk-shows on television, from adopting views and opinions expressed by charming "people of the spirit", or... even worse... media-personas.
The question that automatically becomes critical and requires an answer is:
How do we co-ordinate the correct, highly-broad and not really consolidated knowledge, in order to reconcile, so many official beliefs. That is, how will we *all know it all*?
How to stop the antisocial and harmful *dogmatic pedantry*?
People, who have never opened a book, beyond the school-books, yet, they have an opinion about serious issues, that require, deep, spherical and specialized knowledge, that experts have.
Many societies and nations, are "deadlocked", sinking in outrageously degrading slavery, because their citizens think they "know", what they are voting for, while their "political" beliefs, are "progressively fossilised".

Of course, on an international scale today, the systems of organization and functioning of human life, are based on the active affirmation of *pedantry*, and the illusion of selfish self-righteousness!
Every product that wants to survive in the market, locally or internationally, follows the same recipe everywhere: *To convince the consumer that the product is intended for highly intelligent, fashionable, attractive, enticing users*. Anyone who prefers this product "*knows better*".
Knows how to, value quality, to evaluate the best, to dare...
In the long run, this "*self-assurance transfusion*", shields the *ego* and nourishes the *narcissism*.
From the fragrance and jewellery we choose, to the ...whiskey or beer we buy, to our favorite football team and the party we vote for, our choices are identified with our *egoistic self-assurance*, they get assimilated and define our actual identity!
We are not saying: "*I am supporting Barcelona F.C. soccer club*", but we say: "*I am Barcelona*"!
We don't say, "*I enjoy drinking pale lager beer*", but we say "*I only drink e.g. Budweiser*"!
On the mean time, if you ask the person: "*Where is Barcelona located*", or "*What are the main characteristics of pale lager beers*", besides an empty answer, you will receive an angry, irritated face, as if you just mentioned something really bad!
All these are signs of an illusional, illiterate, "know it all", brain washed, person!

Everywhere ,around the earth, today, the organization and functioning of human collectivity, is subjected to methods of empowering the individuals, through *euphoric illusions*!
These *Illusions*, are created and sustained not by reasoning, or appraisals, or voluntary choices, but they get built-in "*inexorably*".
One would argue that, for modern humans, where digital technology, defines, not just affects, their daily lives and what the word "*reality*" once meant, as today, *impressions* are cultivating *opinions*!
Our, *cognitive ability and composition*, our *social life*, our *political choices*, our sexual preferences, our financial choices, our *aesthetic cultivation*, are all a result of *impressions* and they get evaluated, from how pleasant or unpleasant, the *impressions* are!

In today's world, institutions, perceptions, society customs and practices, are transactional, mimetic, not born, nor generated, out of research, knowledge, experience and actual needs.

Thus, the substitution of *reality*, with *impressions*, gives rise to new *perceptions* and *practices*, becomes even *institutional*, in many cases!

Perhaps, it will be recorded in history of mankind, as the most accurate example of micro-narrow minded deafness and progress!

“Progress” in this perspective is to level it all down, as the ones who are “*knowledgeable*”, “*educated*”, “*literate*”, having received “*excellences*”, get “*labelled*”, “*criticized*”, “*slandered*”, “*isolated*”, as the “*illiterate*”, “*know it all*”, “*narrow minded*”, “*brain washed*”, take over, with their “*inarticulate screams*”, revealing the magnitude of their “*brain-quake*”, acting as a herd of raging dogs, who in the process of obtaining their, so called, “*intellectual food*”, they destroy the objective intellectuality of the “*true intellectuals*”!

The *tyrannical totalitarianism* of the *impression's priority*, is exaggerated by the fact that the successors of these “*progressive illiterates*”, do not dare to debate with *critical evaluation*, *empathy*, *knowledge*, *excellence*, as they believe that they are the gifted “*wise-men*” and that what they know, is what the others should believe and follow!

They forget that humanity, has evolved by very few people, *intellectual*, *intelligent*, *committed to the real purpose of progress*, who made the difference, by going against the “*herds*”, of their times! On the contrary, they choose to live and reach as high, as the “*matchbox of impressions*”, allows them to jump, ignoring what is outside the matchbox!

Real schizophrenia!!!

This is the case of today's “*illiterate*”, “*know it all*”, and no one can predict where, how, when, they/we will end up, as their *illusions*, get multiplied, even when they look in their own mirror!

Their vocabulary, is borrowed and they speak with words that they hear from the “*media*”, or in their every day “*live communication*” they use abbreviations and acronyms, that are invented for the purpose of space saving, in social media! But the meaning of the words, often the syntax, is just a loan, taken from the language of the planetary sovereignty of the “*Markets*”.

Evolution, *intellectuality*, *objectivity*, for example, are words with a *positive experiential load*, which they understand, with a completely negative approach.

The same is true for many more words.

They expect that all the others, remove the real knowledge, from their degrees and diplomas, because they heard, somewhere, somehow, something, called “*equality*”.

Unfortunately, they do not understand that *intellectuality*, *knowledge* and *objective opinion*, is not obtained by watching television soapies, chatting in social media, viewing fashion and beauty images, reading celebrities' gossips, or watching sports.

The real knowledge and intellectuality is a hidden treasure and requires deep excavation!





THE GENERATIONS' GAP

Generations are related to the birth of humans and their lifespan.

A generation is a period of 30 years. Many people of common origin are also generations.

The gap is a deep rift, a chasm. It's a great distance!

There is a big difference from one generation to another, in the way people think and view, based on eternal values.

This creates communication and understanding problems in people's lives by questioning values.

In many cases this gap, can be compared with the difference between literate and illiterate!

There is always, in every age, the generational gap. The generation of grandparents thinks differently from how their children and grandchildren think. But today, with technology, we have rapid developments and changes. *"The world has changed, times have changed."*

In the past, good studies, were enough to be good at your job, throughout your service.

Today, if you are not constantly updated with the progress in science and technology, you are lost.

My generation starts with me and yours stops on you!

Can a teacher, doctor, scientist, do their work based on what they learned in their studies?

All the progress that science has made in the past 100 years, is happening now in 5-10 years.

The damage the environment has suffered in the past 1000 years, is happening now in 5-10 years.

Climate changes confirm the consequences. The ecological problem is universal and indivisible.

But humanity is divided into many countries, that do not agree, so it stays unsolved.

The Universe is one and indivisible. Air, water, pollutants, birds, fish, etc. they know no borders.

Human kind and nature, are one. They are not separated.

When humanity, pursues its selfish path without taking into account others, destroys the nature.

Never in any civilization, was there a chapter of humans having faith exclusively in their selves, in their powers, in their individuality, or in their subjective logic. He was always with others.

This is evident through the centuries, in the philosophy, but above all through religions.

The disrespect of nature, by today's generation is catastrophic. Each year we dump 12 billion tons of trash, into the sea. There are more than 360,000 species of plants, 290,000 invertebrates, 45,000 vertebrates and 10 million species of fish, on our planet.

There will come the time, that their end and the end of generations, will come.

Technological evolution and new inventions, have widened the generational gap, changing all the structures of humanity and societies.

Values, that were unnegotiable rules and ideals, have been alienated. The same alienation, has taken place, with the religious and political responsibilities, due to the weaknesses and compromises, of their representatives. The older generations adjusted their demands and actions towards the laws of nature, that were in accordance and regulated their own existence.

The younger generations, are constantly violating them!

In the past, people's "extraordinary" actions were reprehensible and condemned, but today they are protected by laws. The transgression and misconduct of our generation is on the rise.

Offenses, taunts and blunders, are easily exchanged, even within the Parliaments and the weak voices are easily side-lined.

We see young people, sitting on the bus, while next to them are standing handicapped, elderly and pregnant, not giving up their seat, because they believe that after paying their ticket, it is theirs.

They claim rights, without obligations!

There are parents, who also influence negatively, all this “disorder”!

The school principal, punishes the student and the parent confronts the principal!

A family friend tells the parents, that their child was seeing using substances, in front of his underaged siblings and not only they take no action, but they tell the “friend” to mind his business.

A young girl falls pregnant and the mother sends her away, to stay with other relatives, hiding the truth from the father, till after she delivers her new-born.

A young woman, is describing with pride her abortions and other “activities”, to other girls, younger than her, as if she is claiming to be “the champion”!

These young people, are going to be the parents, of the “future generations”!!!

Shall I mention more examples, borrowed from the daily press?

A careless young driver injures a biker, leaves him helpless and other young people around just stand there taking pictures and posting them, in their social media wall!

A man who lived alone and no one was looking for him dies, in his apartment, not having seen, or communicate, with his children for months!

They know they are beneficiaries of his car and his apartment!

In the other hand, young people, are suffering financially, living in the poverty of unemployment, and the rulers are provocatively living with offshore accounts and companies.

Our young people receive degrees and doctorates, receive further education, learn foreign languages and remain unemployed. Unemployment, is a major crisis of a country's culture, as it:

- Threatens people's physical and mental well-being.
- Work is a important, as pointed out by *Paul* advising in *Thessalonians* that young people must: “...earn their own living” (3:12) , and they must “... not eat any one’s bread without paying” (3:8)
- Unemployment hurts young people, because work is a right for them to live and provide for others. It is like a slow death!
- The unemployment of our young people, and especially our scientists, is a great danger as it weakens *democracies*, *social cohesion* and exacerbates development.

The decisive factor in the progress of any country, is its valuable technological and scientific force.

During this “vales and dignity crisis” of a generation, there is always hope and a way out.

The way is for *spiritual leaders*, to come forward and to activate youth for a *peaceful revolution*!

An example is the legendary leader of India, M. Gandhi, who crushed the colonists peacefully.

Come forth worthy leaders and rule our wounded world and guide our youth.

Hope, dries the tears of frustration. Guidance, is the light in a dark tunnel.

The power of optimism for a better future, is like a strong river stream, that will drift, even those who currently don’t understand and ignore that by improving themselves, they put the foundations for the future generations transition and well being! That is their own children!

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