



# WO'MEN

'WORDLY  
'WORTHY  
'WONDERFUL

THIS BOOK DISPLAYS A COLLECTION OF THOUGHTS AND INSIGHTS WHILST OFFERING ENCOURAGEMENT FOR WOMEN TO TAP INTO THEIR ALTER EGO. WE DISCOVER THE TRAITS IN WHICH WE BELIEVE CONCLUDE THE MODERN DAY WOMAN (OR AS WE LIKE TO CALL THEM THE GENTLE WOMAN.) TALKING TO LADIES FROM ALL WALKS OF LIFE, WE UNDERSTAND THE NATURAL ABILITY FOR WOMEN TO ALWAYS BE FABULOUS EVERY DAY OF THE WEEK. THROUGH THE CHAPTERS WE DEMONSTRATE A BRIEF, YET CONCISE CONCEPTION OF FEMALE TRADITIONS, ASPIRATIONS, HISTORY & VIVACIOUS ZEST. ALL OF WHICH BUILD THE WOMEN WE ARE TODAY. THE WOMEN THE RIGHT MEN ARE PROUD TO STAND BESIDE.

WITHOUT FURTHER A DO ...



# CHAPTER ONE

## -MEET THE WO'MEN

IN THIS CHAPTER WE HAVE INTERVIEWED A VARIETY OF WOMEN FROM ALL WALKS OF LIFE, ALL SORTS OF AGES AND ALL TYPES OF TRADITIONS. THESE INTERVIEWS TOOK PLACE WITH THE AIM OF DISCOVERING A VERBAL UNDERSTANDING OF THE UNDERCURRENT THAT TIES WOMEN TOGETHER. WHILST APPRECIATING THE DIVERSITY OF THE LADY'S PERSONALITY. WE LEARN ABOUT THE DIFFERENT STRENGTHS NEEDED TO STAND TALL AS A WOMAN, AT THE SAME TIME WE TAKE VALUABLE KNOWLEDGE FROM OTHER LADIES CHOICES AND EXPERIENCES.

READ, THINK & BE.

# THE LADY OF THE MODERN MANOR

**SUANNDAYAL IS MOTHER OF TWO, MARRIED FOR 23 YEARS TO HER HUSBAND HITENDAYAL, CEO OF KMIBRANDS. SHE GREW UP IN THE HEART OF THE NORTH BEFORE TRAVELLING AROUND THE WORLD TRIALING MEDICAL DRUGS & PHARMACUTICALS. DESPITE A SUCCESSFUL CAREER IN HER OWN RIGHT SHE HAS DEDICATED THE LAST 22 YEARS OF HER LIFE TO RAISING HER CHILDREN AND SUPPORTING HER FAMILY. IN THIS CONSCISE INTERVIEW SHE GIVES US AN INSIGHT INTO THE ROLE OF A MODERNDAY HOUSEWIFE AND THE DECISION TO SWAP CAREER FOR KIDS.**





# SUANN

AS A WOMAN HOW DID YOU FEEL YOU WERE RESPECTED WHEN YOU WERE AT THE PEEK OF YOUR CAREER?

I WORKED IN THE PHARMACEUTICAL INDUSTRY AND HAD A JOB WHICH ALTHOUGH I ADMIT TO BEING A FAILED MEDIC, IT GAVE ME THE OPPORTUNITY TO WORK WITH OTHER MEDICS. THEY RESPECTED ME BECAUSE I WAS ACTUALLY OFFERING THEM AN OPPORTUNITY TO DO SOME RESEARCH. FOR ME PERSONALLY THIS WAS A GREAT PLUS AND THEY WANTED TO SEE ME BECAUSE THEY KNEW I COULD IMPART SOME NEW KNOWLEDGE TO THEM. SO YES I WAS RESPECTED.

TALK ME THROUGH THE THOUGHT PROCESS OF SWAPPING CAREER FOR KIDS?

FOR ME IT WASN'T SOMETHING I REALLY HAD TO THINK ABOUT, AS THE CAREER I HAD WAS QUITE DIFFICULT TO JUGGLE RUNNING A FAMILY AND CAREER DUE TO TRAVELLING QUITE A BIT. SO I WAS QUITE HAPPY TO GIVE UP THE CAREER AND HAVE THE CHILDREN YET, SUBSEQUENTLY IT WOULD OF BEEN NICE TO GO BACK BUT THAT DIDN'T HAPPEN AT THE POINT IN TIME I DECIDED TO GIVE IT UP.

WAS THIS A CONSCIOUS CHOICE OR SOMETHING ENGRAINED FROM YOUR UPBRINGING?

NO IT WASN'T ENGRAINED IT WAS MY CHOICE

STICKING TO THE TRADITIONS OF HOUSEWIFE, HUSBAND AT WORK. WHY DOES THIS WORK FOR YOU? I'M VERY HAPPY TO SUPPORT MY HUSBAND IN THAT I KNOW THAT HE WORKS LONG HOURS AND HE NEEDS ME TO RUN THE HOUSEHOLD SO I'M VERY HAPPY TO SUPPORT HIM IN THAT WAY.

DO YOU FEEL FULFILLED AS A WOMAN WITH THIS LIFESTYLE?

NO, THERE IS PART OF ME THAT CANT HAVE ANOTHER CAREER. ALTHOUGH CANT IS THE WRONG WORD IT WOULD BE QUITE A BIG EFFORT TO START UP ON A NEW CAREER BARING IN MIND WHEN I DID GIVE UP MY JOB IT WAS 20 ODD YEARS AGO. GIVEN THAT COMPUTERS HAVE COME IN IN THAT TIME AND I DON'T CONSIDER MYSELF COMPUTER LITERATE WHICH I THINK IS AN ISSUE IN TODAY'S SOCIETY.

WHAT HINDERS YOU FROM BEING THE WOMEN YOU WISH TO BE?

YES, I WOULD LIKE TO RE-TRAIN TO DO SOMETHING OR RUN A BUSINESS, THAT, I WOULD VERY MUCH LIKE TO DO AS THAT WOULD GIVE ME INDEPENDENCE MAINLY FOR MYSELF TO BE ABLE TO SAY YES I DID THAT

HOW MUCH DO YOU AND SHOULD YOU REVEAL ABOUT YOURSELF?

I THINK WHEN YOU MEET PEOPLE INITIALLY I DON'T THINK ITS RIGHT TO PUT ALL YOUR CARDS ON THE TABLE I ACTUALLY SUM UP PEOPLE ON FIRST MEETING AND DECIDE JUST HOW

MUCH INFORMATION TO GIVE THEM. I THINK ITS MORE INTERESTING TOO, TO GIVE THINGS IN BITE SIZE SO THAT AT THE NEXT MEETING YOU HAVE A OPPORTUNITY TO GIVE SOMETHING ELSE.

IF YOU COULD CHANGE ONE THING THAT MEN PORTRAY ABOUT WOMEN WHAT WOULD IT BE?

THE FACT THAT THEY ARE CONSIDERED TO BE THE HOMEMAKER. I MEAN THAT TODAY THERE IS THE OPPORTUNITY FOR MEN TO STAY AT HOME AND WOMEN TO GO BACK TO THE WORKPLACE. THAT'S THE WAY THAT EMPLOYMENT IS AT THE, SOME MEN ARE ACTUALLY EARNING LESS THEN THE WIFE SO IT MAKES SENSE FOR THE MAN TO STAY AT HOME. IT WOULD BE NICE TO GET AWAY FROM THIS IMAGE, THAT IT'S ALWAYS THE MAN AT WORK.

THROUGH YOUR CONVERSATIONS WITH OTHER FEMALES WHAT DO YOU GAIN?

THAT WE ALL HAVE EXACTLY THE SAME PROBLEMS, ITS AN OPPORTUNITY TO TALK ABOUT THOSE PROBLEM. FUNDAMENTALLY IF YOU HAVE A FAMILY OR PARTNER WE ALL TEND TO HAVE THE SAME SORTS OF PROBLEMS AT THE SAME SORTS OF TIMES, THAT'S COMFORTING.

WHICH WOMAN GETS YOUR UTTER MOST RESPECT & WHY?

PROBABLY THE QUEEN IN MANY

## "I CAN STAND UP TO MY HUSBAND, I'M AN EQUAL TO HIM..."

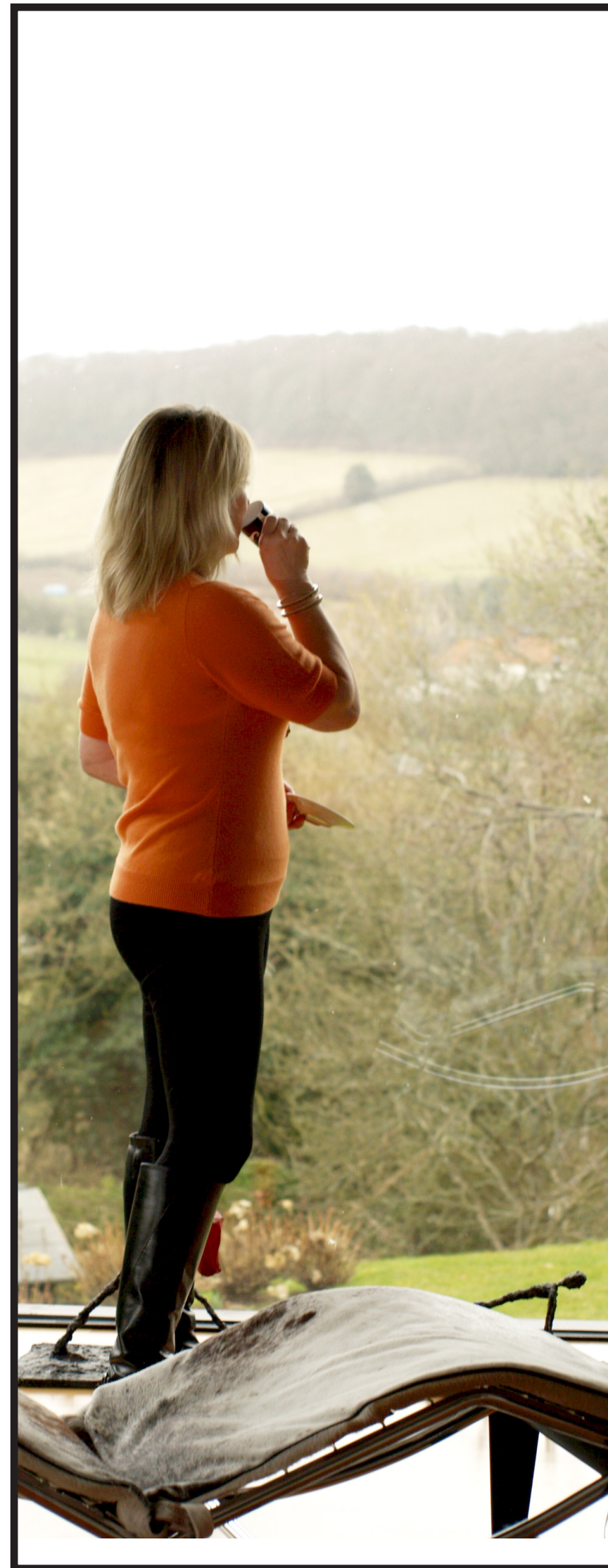
RESPECTS, SHE'S SOMEBODY THAT CANT VOICE HER OPINIONS BUT YET HAS TO CARRY ON WITH THIS BLANK FACE. OF WHICH BEHIND THERE IS PROBABLY A MULTITUDE OF EMOTIONS GOING ON, BARING IN MIND ALL THE PROBLEMS THAT SHE'S HAD WITH HER FAMILY, POLITICAL SITUATIONS IN THIS COUNTRY AND OVERSEAS. YET SHE'S NOT ALLOWED TO MAKE ANY COMMENT ABOUT IT AND I ADMIRE HER FOR PARTICULARLY HOLDING FAMILY TOGETHER ALSO SHE'S STILL WORKING AT 80 PLUS!

WHAT MAKES YOU A STRONG WOMAN?

I CAN STAND UP TO MY HUSBAND, I'M AN EQUAL TO HIM, I'M STRONG IN THAT RESPECT, I SPEAK MY MIND AND I'M NOT SHY.

FINALLY, WHAT TRAITS DOES ONE NEED TO BE A STRONG WOMAN?

STRENGTH IN CHARACTER, HONESTY & COMMITMENT.







# MISS. CAMP



TO KEEP ME, ME I.....  
**GOSH! I GO HOME.**

FROM MY CONVERSATIONS WITH OTHER WOMEN I.....  
**I BUZZ OF OTHER GIRLS**

I LOOK TO MEN FOR.....  
**FUN**

AS A WOMEN WE SHOULD.....  
**HELP EACH OTHER**

TO BE A WOMEN OF STRENGTH AND ADMIRABILITY YOU NEED .....

**POSITIVITY**

RHIANNA MAKES ME WANT TO.....  
**BE NAUGHTY**

BEYONCE GIVES ME.....  
**JEALOUSY**

MEN AND WOMEN SHOULD .....

**HAVE FUN**

WHEN I WANT TO FEEL FIERCE, IN CONTROL AND AT THE TOP OF MY GAME I .....

**HAVE A GIN & TONIC AND DANCE WITH MY FRIENDS**

WHAT REALLY MATTERS IS .....

**HAPPINESS**

A SECRET THAT WILL PASS CONFIDENCE ON TO OTHER FEMALES IS...

**YOUR ALWAYS YOUR BIGGEST CRITIC, NO ONE SEES WHAT YOU SEE THEY PEOPLE  
THAT LOVE YOU JUST SEE BEAUTY KEEPS YOU BUZZING IT'S GOOD.**

THE WOMAN I AIM TO PORTRAY MYSELF AS IS ....

**I'M FREE**

THE THING I WANT TO MAKE MEN REALISE ABOUT WOMEN IS.....

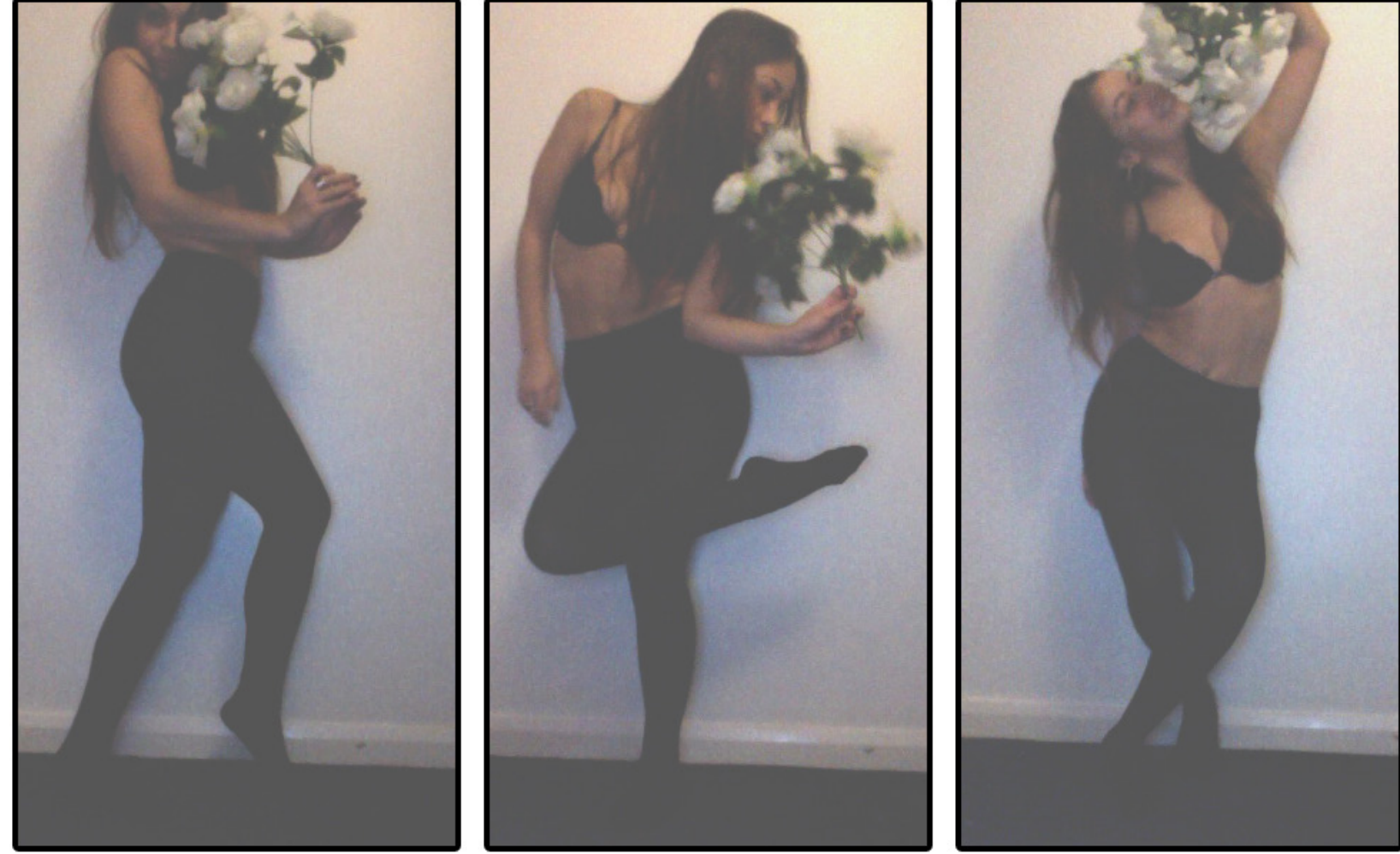
**WERE NOT PUSHOVERS**

THE THING I WANT WOMEN TO REALISE ABOUT WOMEN IS.....

**WERE NOT AGAINST EACH OTHER.**

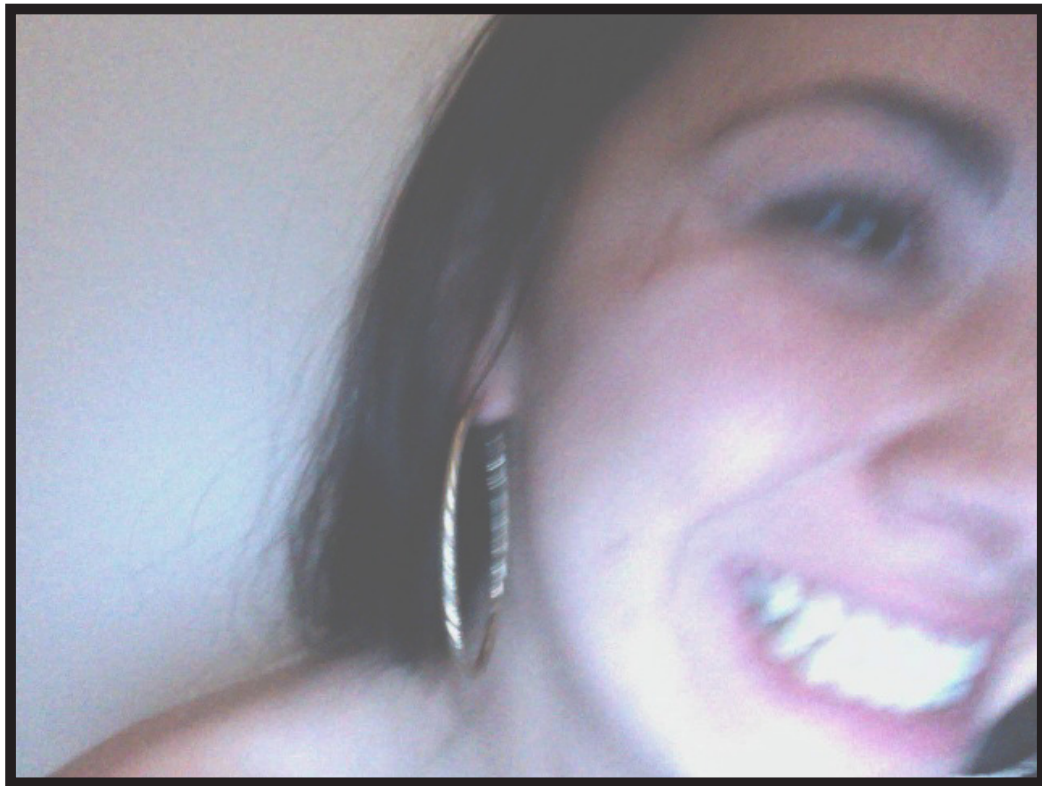
THE BIG 3 THAT MAKES A GENTLE WOMAN IS....

**GENUINE  
ENJOY YOURSELF  
AMBITION.**



EMMY "LOVE & LAUGHTER"





**EMOTIONS, WEAKNESS OR A  
STRENGTH?**

A STRENGTH HOWEVER SOMETIMES  
OUR STRENGTH'S CLOUD OUR  
JUDGEMENT, THEREFORE BECOMING A  
WEAKNESS.

**WHAT DO WOMEN GIVE TO OTHER  
WOMEN?**

CONFIDENCE

**HOW DO YOU ENVISION YOUR LIFE  
IN 10 YEARS?**

SUPPORTING MYSELF, HAPPY BY  
MYSELF BUT, SHARING TRAVELS &  
EXPERIENCES WITH SOMEONE ELSE.

**WHAT HINDERS YOU FROM BEING  
THE WOMAN YOU ASPIRE TO BE?**

BELIEVING THAT THE HARD WORK WILL  
PAY OFF

HOW IS YOUR PERSONALITY,  
ATTITUDE, DRESS ON A DAY  
WHERE YOU NEED TO BE AT THE

**TOP OF YOUR GAME?**

PENCIL DRESS, HEELS, SLICKED HAIR! A  
BIT OF BLING, DEEP BREATHERS, A SILLY  
AMOUNT OF ESPRESSO'S, PERFUME.  
TALKING TO MYSELF & OF COURSE  
THE WHOLE 'YOU'VE GOT NOTHING TO  
LOOSE!'

**HOW MUCH DO YOU & SHOULD YOU  
REVEAL ABOUT YOURSELF?**

YOU SHOULD ALWAYS MAKE THAT  
DECISION FOR YOURSELF BUT MAKE  
SURE YOU'RE ASSESSING IT DEPENDING  
ON WHO OR HOW OR WHAT YOU PLAN  
ON REVEALING. FOR ME, I OPEN UP TOO  
MUCH & WANT TO LEARN THE ART OF  
MYSTIQUE.

**WHAT REALLY MATTERS?**

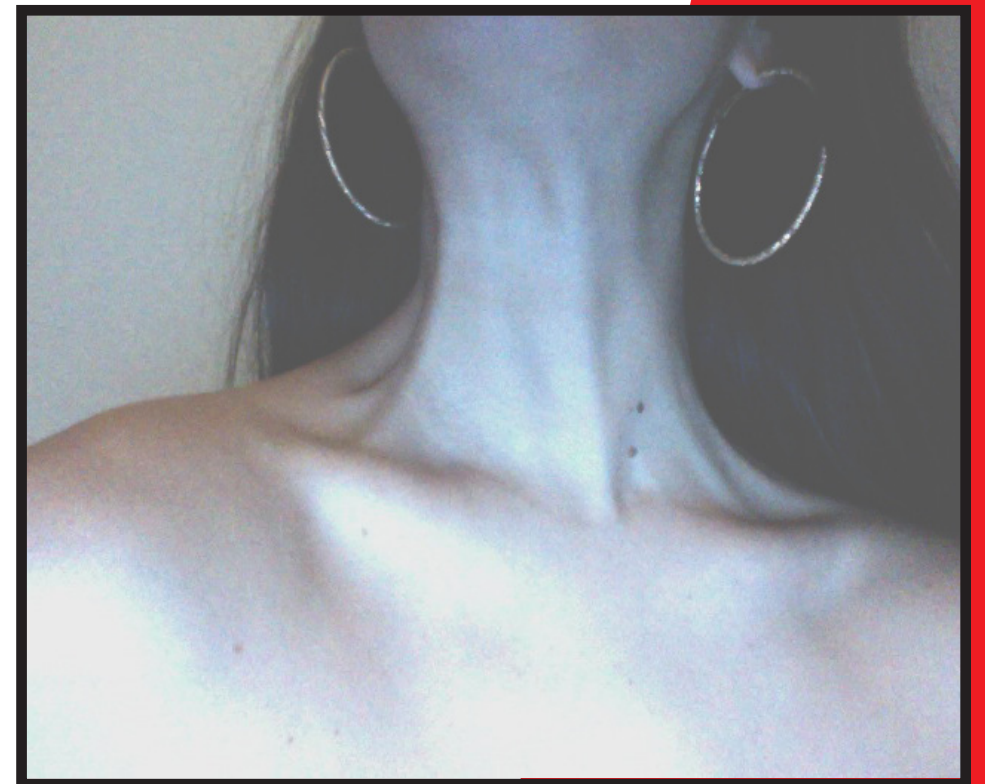
LOVE & LAUGHTER

**IF YOU COULD CHANGE ONE THING OUR  
SOCIETY PORTRAYS ABOUT WOMEN  
WHAT WOULD IT BE?**

THAT PERFECTION IS AN IMPERFECTION &  
WILL ALWAYS TIRE.

**IF YOU COULD CHANGE ONE THING  
THAT MEN THINK ABOUT WOMEN  
WHAT WOULD IT BE?**

THAT WE'RE NOT ALWAYS SERIOUS AND  
DO HAVE MINDLESS FUN AND SILLINESS  
THAT DOESN'T REVOLVE AROUND THEM,  
SOMETIMES WHEN WE SAY WE DON'T CARE  
WHEN WE REALLY DON'T CARE!



**"SOMETIMES OUR STRENGTH'S CLOUD OUR JUDGEMENTS..."**



A SMALL SECRET TO SHARE, TO  
GIVE CONFIDENCE TO ANOTHER  
LADY BY OUTING YOURS?

I AM FOREVER PLUCKING MY  
EYEBROWS, A SIDE EFFECT OF BEING  
INDIAN! ALTHOUGH THERE IS THIS  
RIDICULOUS SCOUSE BROW THING SO  
BIG EYEBROWS ARE CATCHING ON!

WHAT WOMAN AND WHY DO YOU  
HOLD AS YOUR IDOL?

RIHANNA – SHE MADE IT OK TO BE THE  
RAW YOU. WHETHER THAT BE BEING  
OPENLY SEXY OR DOING THE WRONG  
THING WHEN GOING THROUGH A HARD  
BREAK UP OR EVEN JUST ROCKIN’ THE  
NATURAL LOOK! (IMPERFECTIONS &  
ALL)

WHAT DOES IT TAKE TO  
BE A STRONG WOMAN/  
GENTLEWOMAN?

YOU MUST BE ABLE TO LOOK HONESTLY  
AT YOURSELF RIGHT IN THE EYE.  
THEN YOU MUST:  
-BE IMMINENT  
-BE PROUD

- BE OPEN
- BE FIERCE
- BE BY YOUR MAN
- BE INDEPENDENT
- BE ALLURING
- BE COMPASSIONATE

WHAT MAKES YOU A  
GENTLEWOMAN?

I’M NOT THERE YET, BUT I’M LEARNING,  
I’M ON MY WAY!

"YOU MUST BE ABLE TO LOOK  
HONESTLY AT YOURSELF,  
RIGHT IN THE EYE..."



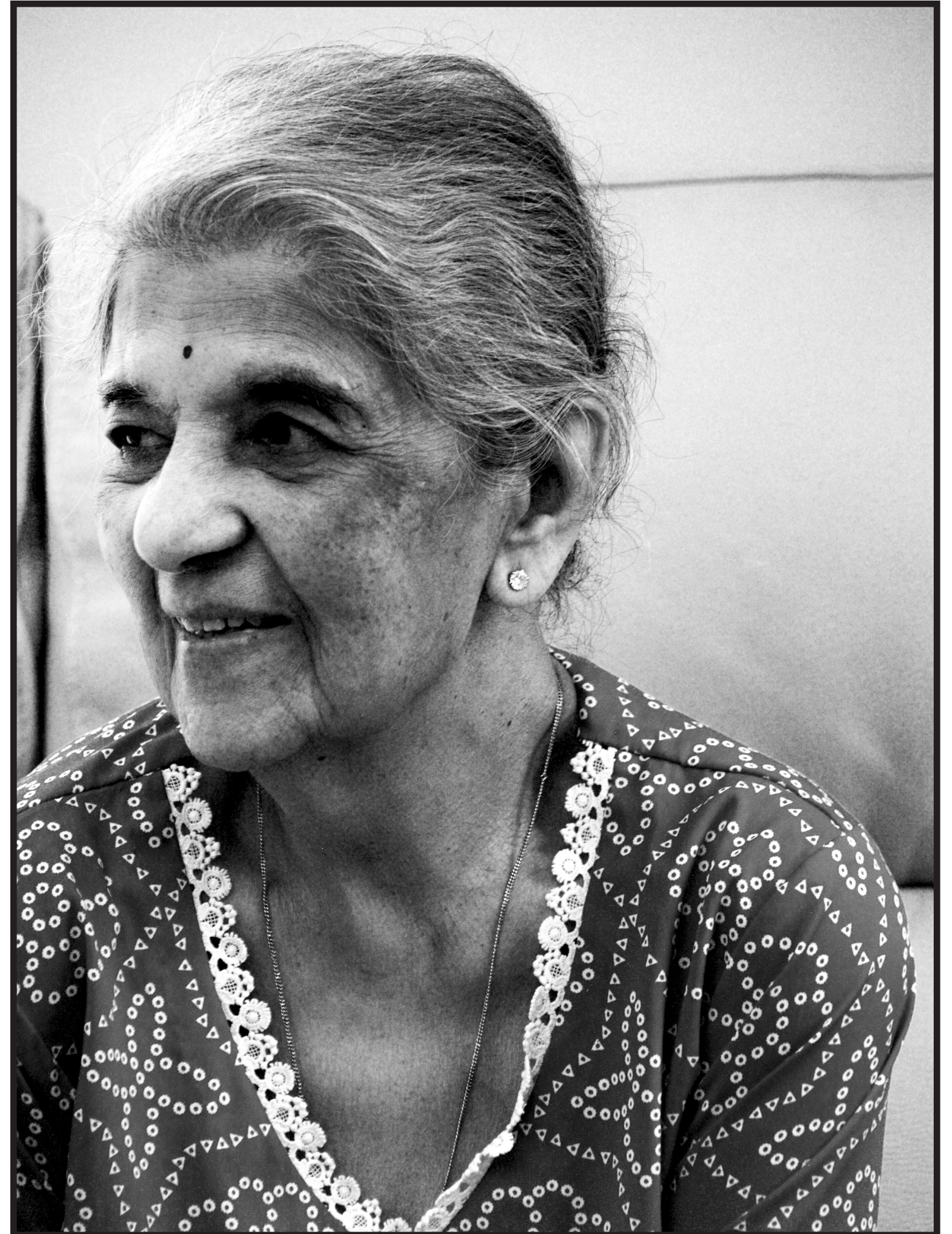






# INDU DAYAL

**"THE THINGS I SAID, IS JUST  
WHAT I THINK, ITS WHAT I THINK  
MYSELF, ITS COMPLETELY THE  
SAME THING ITS NOT A STORY."**





**I**NDU DAYAL GREW UP IN INDIA THE MAJORITY OF HER LIFE, THEN MOVED TO BERLIN TO SEE THE WALL GO UP AND DOWN. SHE HAS BEEN DEVOTED TO HER HUSBAND SINCE SHE WAS 13 AND CONTINUES TO BE MARRIED FOR 70 PLUS YEARS. SHE DISCUSSES THE HANDCUFFS OF TRADITION AND PERSONAL ACHIEVEMENTS MANY OF US TAKE FOR GRANTED. LOOKING TO HERSELF FOR ALL BATTLES, TOOLS AND SOLUTIONS. TRUSTING HER GOOD WILL IS THE FUEL IN WHICH SHE HAS MANAGED TO STAY SO GRACEFULLY SUCCESSFUL. HER REFRESHING TRUTH'S AND DRAW STRENGTH'S PUTS FAITH IN US WOMEN ON THE DAYS WE ARE NOT FEELING SO TOUGH. HER ABILITY TO MAKE EACH WORD RELATABLE WHILST BEING SO SINCERE MARKS THE REASON THIS INTERVIEW IS ONE OF OUR MOST PRECIOUS.

**HOW LONG, WHEN AND WHY DID YOU GET MARRIED?**

I GOT MARRIED IN 1942, IT WAS JUST A FAMILY CONCERN I WAS NOT ASKED. IN THOSE DAYS THEY WERE MARRIED VERY EARLY. I WAS ENGAGED AT 13 MARRIED AT 15 I DID JUST WHAT I WAS TOLD TO DO.

**AS A WOMAN GROWING UP IN INDIA WHAT WAS THE EXPECTATIONS SOCIETY HAD OF YOU?**

THAT TIME I DID NOT THINK OF THE SOCIETY ONLY THE FAMILY, THEY EXPECTED ME TO GET MARRIED THAT'S ALL AFTER THE SCHOOL.

**DID YOU BELIEVE THESE WERE FAIR?**

NO IT WASN'T FAIR

**DID YOU EVER FIND YOURSELF WANTING TO BREAK OUT AND BE INDEPENDENT WITH A CAREER & FREEDOM?**

OF COURSE, BUT THAT CAME VERY LATE IN MY MIND STUDIED FURTHER AND BE ON MY OWN.

**DID YOU FEEL THAT YOUR VOICE WAS HEARD?**

NO, NOTHING,

**HOW DO YOU FEEL THE RESPECT FROM MALE TO FEMALE HAS CHANGED WORLDWIDE?**

IN A WAY ITS A GOOD THING ITS A GOOD THING THAT WOMEN'S

VOICE IS HEARD, BUT MEN HAVE SOME EGO, IF YOU DON'T COME IN BETWEEN THEN MEN AND WOMEN GO WELL TOGETHER

**DID YOU WANT YOUR DAUGHTER TO LIVE THE LIFE YOU DID OR BE MORE INDEPENDENT & CAREER FOCUSED?**

NO I WANTED HER TO BE INDEPENDENT.

**"MEN, HA! THEY HAVE SOME EGO."**





**WHAT MAKES YOU A PROUD WOMAN?**

AS A LADY I AM PROUD THAT I LOOKED AFTER MY FAMILY, HUSBAND, GRANDCHILDREN

**WHAT IS YOUR GREATEST SUCCESS?**

I AM SUCCESSFUL IN MY FAMILY

**IS THERE ANYTHING YOU WISH YOU COULD OF CHANGED?**

I WOULD OF STUDIED FURTHER. LOOKED FOR MYSELF AND MARRIED LATER

**DO YOU FEEL YOU HAD THE OPPORTUNITY TO EXPLORE LIFE?**

NO NOT MUCH NO. THAT'S THE THING WOULD OF BEEN NICE TO ME, I WAS CAPABLE OF DOING IT AND BEING INDEPENDENT SUCCESSFUL, WAIT A MINUTE, BECAUSE I GOT MARRIED EARLIER IN THESE CIRCUMSTANCES I DIDN'T THINK ABOUT IT BUT LATER ON I THINK I COULD OF BEEN GOOD AT IT.

**WHAT GIVES YOU STRENGTH?**

MY INNER STRENGTH, I DON'T HAVE TO THINK ABOUT IT, I HAVE MY OWN FAITH.

**WHAT ULTIMATE TRAITS DO YOU NEED TO BE A WO'MAN?**

EACH INDIVIDUAL IS DIFFERENT, TO HAVE FAITH IN ONESELF AND THINK ABOUT WIDER THINGS THEN WHAT YOU GET IN SMALL WAYS. LOOK AFTER OTHER WOMEN AND THEN YOU GET STRENGTH.

**WHAT DO YOU GET FROM CONVERSATIONS WITH OTHER WOMEN?**

IN MY LIFE I DIDN'T HAVE MANY DIFFERENT TYPES OF WOMEN, THEY WERE QUITE EDUCATED BUT NOT WORKING WOMEN.

THE THINGS I SAID, IS JUST WHAT I THINK, ITS WHAT I THINK MYSELF, ITS COMPLETELY THE SAME THING ITS NOT A STORY.

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**"I DONT HAVE TO THINK ABOUT IT, I HAVE MY OWN STRENGTH."**

\_\_\_\_\_







# KEYTIIIE

S H A N I I S

WHILST TRAPCING THROUGH YOUTUBE WE CAME ACROSS THESE  
PARISIAN GIRLS AND LOVED THEIR ATTITUDE. ESPECIALLY HOW  
CONFIDENTLY SEXY AND PROUDLY PROVOCATIVE THEY WERE. HOWEVER,  
THEIR MOST IMPRESSIVE TRAIT WAS WITHOUT A DOUBT THEIR DANCING.  
IT SHOWED A FIERCE AND AMBITIOUS EGO, BOTH OF WHICH ARE QUALITIES  
PRESENT IN THAT OF A STRONG WOMAN. SO WE ASKED THEM A FEW  
QUESTIONS AND WOW!



EMOTIONS, WEAKNESS OR  
A STRENGTH?

MY GOOD LOOKS ARE MY  
STRENGTH.

WHAT DO WOMEN GIVE TO  
OTHER WOMEN?

JEALOUSY OR FRIENDSHIP

HOW DO YOU ENVISION  
YOUR LIFE IN 10 YEARS?

THE BIG QUESTION MARK :)

WHAT HINDERS YOU FROM  
BEING THE WOMAN YOU  
ASPIRE TO BE?

NOTHING

WHAT ATTITUDE DO YOU  
BRING WHEN YOU NEED TO  
SHOW IMPORTANCE?

I USE MY INTELLIGENCE & MY  
CHARM

IF YOU COULD CHANGE ONE  
THING ABOUT WHAT MEN  
THINK ABOUT WOMEN  
WHAT WOULD IT BE?

US WOMEN ARE NOT JUST  
SEXUAL OBJECTS.

WHAT WOMAN AND WHY DO  
YOU HOLD AS YOUR IDOL?

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**I AM MY  
OWN IDOL**

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WHAT MAKES YOU A  
GENTLE WOMAN?

THE BROTHERLY LOVE AND THE  
SOLIDARITY



THE  
OTHER

MAN

IN

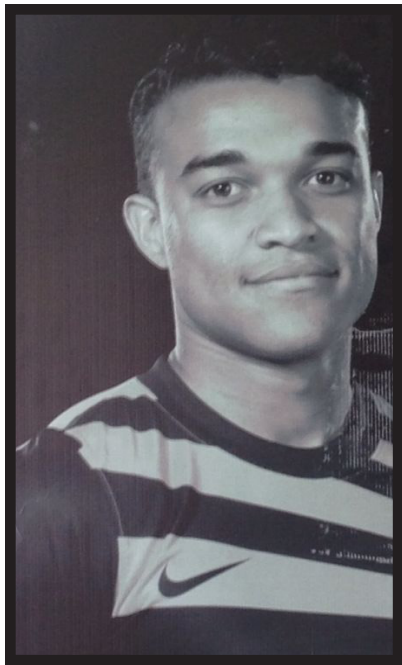
WO'MAN

MATTHEW  
R U S I K E

SOUTH AFRICAN  
PROFESSIONAL FOOTBALL PLAYER  
IN LOVE WITH HIS FIRST LOVE

SINGLE  
23 YEARS OLD  
MOTHER FATHER SISTER





**EMOTIONS – WEAKNESS OR A STRENGTH?**

EMOTIONS ARE DEFINITELY A STRENGTH IN MY EYES BECAUSE IF YOU LACK THE COMPASSION THEN YOU LACK THE ABILITY TO WHOLE HEARTEDLY UNDERSTAND SITUATION WHAT EVER IT MAY BE. SO FOR ME DEFINITELY A STRENGTH

**WHAT DO WOMEN GIVE TO OTHER WOMEN?**

THIS IS A TOUGH QUESTION FOR ME . PROBABLY THE FEELING OF UNITY OR TOGETHERNESS WHICH I FEEL IS EMBEDDED AND WIRED INTO EVERY WOMEN.

**HOW DO YOU ENVISION YOUR LIFE IN 10 YEARS?**

I ENVISION MY LIFE TO BE A SEA OF HAPPINESS LIVING WITH THE GIRL OF MY DREAMS BRINGING A SMILE TO MY FACE EVERY STEP OF THE WAY.

**WHAT WILL MAKE A LADY BE THE BEST AT WHAT SHE DOES?**

**DRIVE . FOCUS . BELIEF**

AS A MAN WHAT QUALITIES DO YOU BELIEVE SHOULD BE PRESENT IN THAT OF A WOMAN?

WARM HEARTED , UNDERSTANDING , NURTURING , KIND , CONFIDENT , SASSY , TASTEFUL , CLASSY

DO YOU BELIEVE THESE QUALITIES ARE ONLY SUBJECT TO AGE , OR SHOULD BE PRESENT THROUGHOUT?

THEY SHOULD BE PRESENT THROUGHOUT

HOW MUCH DO YOU & SHOULD YOU REVEAL ABOUT YOURSELF?

I PERSONALLY ONLY REVEAL MY TRUE SELF TO NOT MANY PEOPLE. I THINK ITS ACCORDING TO YOUR ENVIRONMENT, SOME PEOPLE ARE IN CONDUCIVE ENVIRONMENTS FOR THEIR PERSONALITY AND EMOTIONS TO GROW AND BLOSSOM AND ARE HAPPY WITH THAT WHERE AS OTHERS FEEL OPENING UP WILL ACTUALLY CAUSE MORE

**PROBLEMS THAN ITS WORTH AND KEEP TO THEMSELVES**

**WHAT REALLY MATTERS?**

GOD  
FAMILY  
FRIENDS

IF YOU COULD CHANGE ONE THING OUR SOCIETY PORTRAYS ABOUT WOMEN WHAT WOULD IT BE?

I DON'T THINK I WOULD CHANGE ANYTHING AS THE WAY IT PORTRAYS THEM IS MOSTLY CORRECT, MAYBE THE GENERALISATION IS ON TOO BIG A SCALE

WHAT WOMAN AND WHY DO YOU HOLD AS YOUR IDOL?

ANGELINA JOLLY MAYBE , BEAUTIFUL STRONG CONFIDENT LOVING GIVING BEST DESCRIBES HER

**WHAT DOES IT TAKE TO BE A STRONG WOMAN / GENTLE WOMAN?**

- \* A REAL WOMEN IS CONFIDENT**
- \* A REAL WOMEN IS HONEST AND UPFRONT**
- \* A REAL WOMEN IS SECURE**
- \* A REAL WOMEN HAS A DEFINED PURPOSE**
- \* A REAL WOMEN SHARE THE RIGHT AMOUNT OF DRAMA**
- \* A REAL WOMEN IS STRONG AND INDEPENDENT**
- \* A REAL WOMEN HAS PATIENCE**



# **—WE OVERHEARD...**

**"I LIKE BEING A  
WOMAN, EVEN IN A  
MAN'S WORLD. AFTER  
ALL, MEN CAN'T WEAR  
DRESSES, BUT WE CAN  
WEAR THE PANTS."**

**— WHITNEY HOUSTON**

**"A STRONG WOMAN  
DOESN'T GIVE UP ON  
THINGS."**

**— RICHIE BIRSS**

**"IF I COULD  
CHANGE ONE THING  
MEN THOUGHT  
ABOUT WOMEN IT  
WOULD BE THAT  
WE CAN BE JUST  
AS POWERFUL,  
HEARTLESS AND  
HARSH AS SOME  
MEN."**

**— AMBER HARTLEY**

**"A GENTLE WOMAN  
MUST HAVE  
VERSATILITY AND  
ADAPTABILITY."**

**— BELINDA ROBINSON**

**"TO BE A VIVACIOUS  
WOMAN YOU  
NEED CONFIDENCE  
AND ENDURANCE  
WHILST  
MAINTAINING  
FEMININITY."**

**— ISABELLA TIMOTHY**

**"I ALWAYS LOVED THE  
MIXTURE OF THREAT &  
BEAUTY..."**

**— JEAN PAUL GOUDE**

**"PASSION IS A  
STRENGTH."**

**— LEANNE WATKINSON**

**"EVERY WOMAN IS  
STRONG IF SHE IS  
HERSELF."**

**— TILLY CORDING**

**"TINA TURNER IS  
SOMEONE THAT  
I ADMIRE, BE-  
CAUSE SHE MADE  
HER STRENGTH  
FEMININE AND  
SEXY."**

**— BEYONCE KNOWLES CARTER**

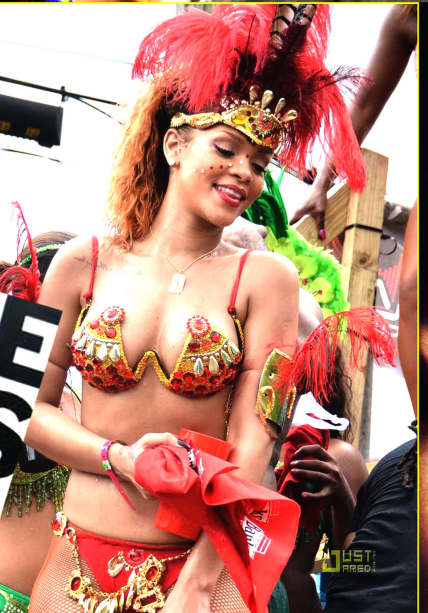
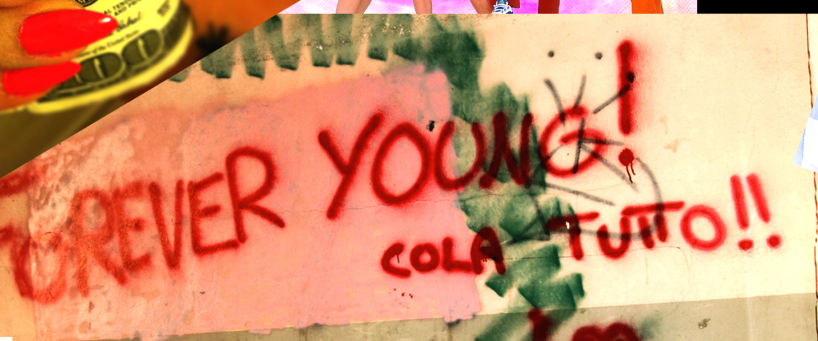
# CHAPTER TWO

THERE'S AN  
INNER

GRACE JONES

IN US ALL.



[illegible]



**"THE FUTURE BETTER GET READY FOR  
ME,  
BECAUSE I'M FOXY CLEOPATRA,  
AND I'M A WHOLE LOTTA  
WOMAN"**

**-BEYONCE KNOWLES CARTER**

[illegible]

**DESPITE OUR  
DIFFERENT LIVES,  
DIFFERENT STYLES,  
DIFFERENT INTERESTS,**

**WOMEN WILL FOREVER,  
FIND THE SAME IN  
SOMETHING.**

**IT'S THOSE SMALL REASSURANCES THAT GIVE  
US THOSE ESSENTIAL CONFIDENCE KICKS, ONLY  
OBTAINED FROM OTHER FEMALES.**





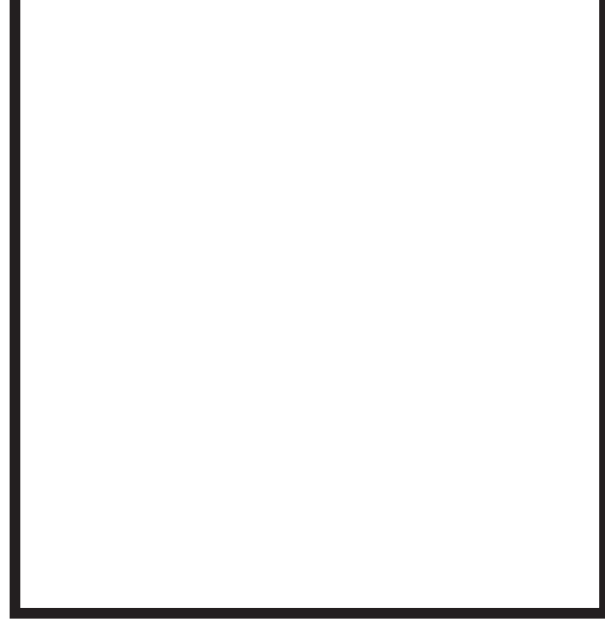
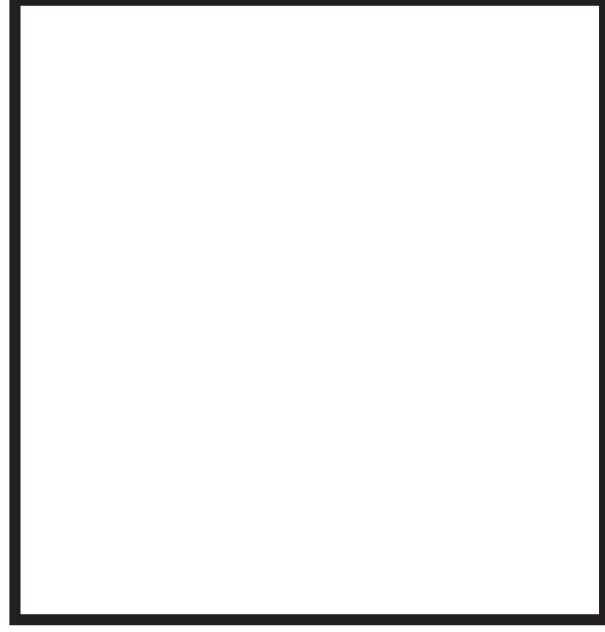
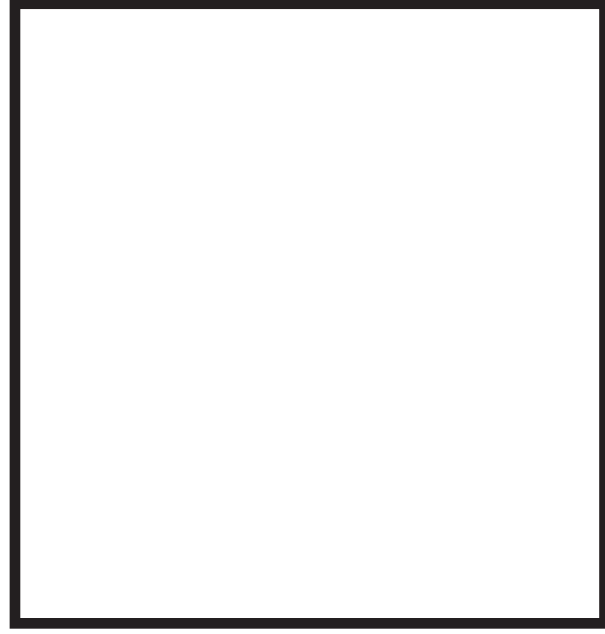


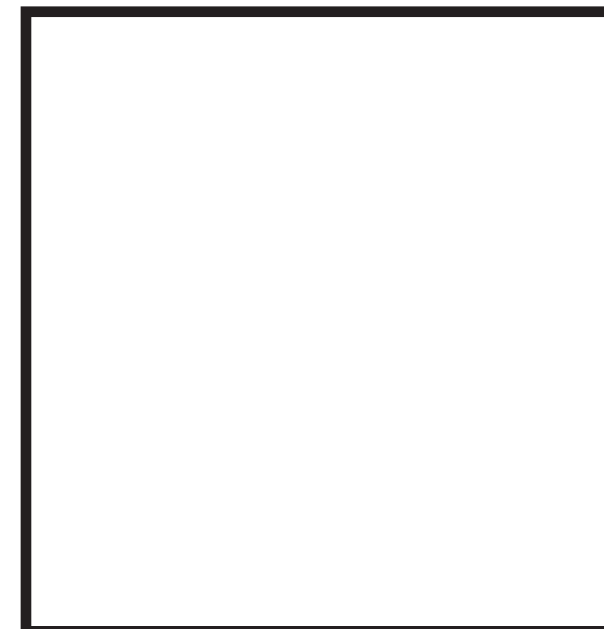
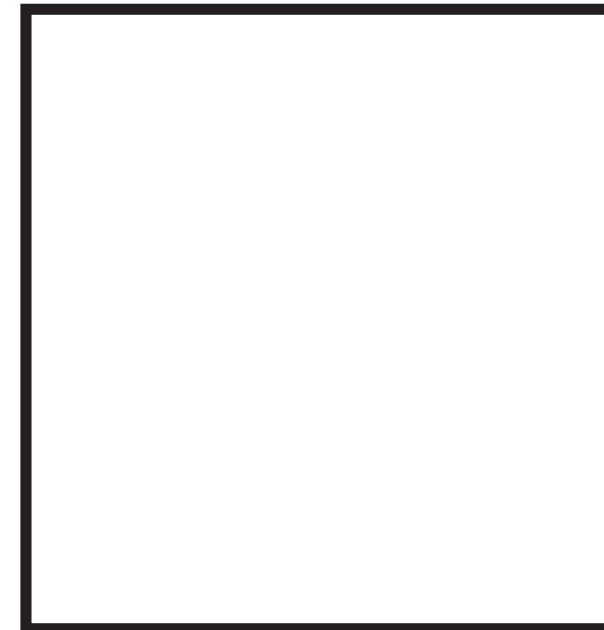
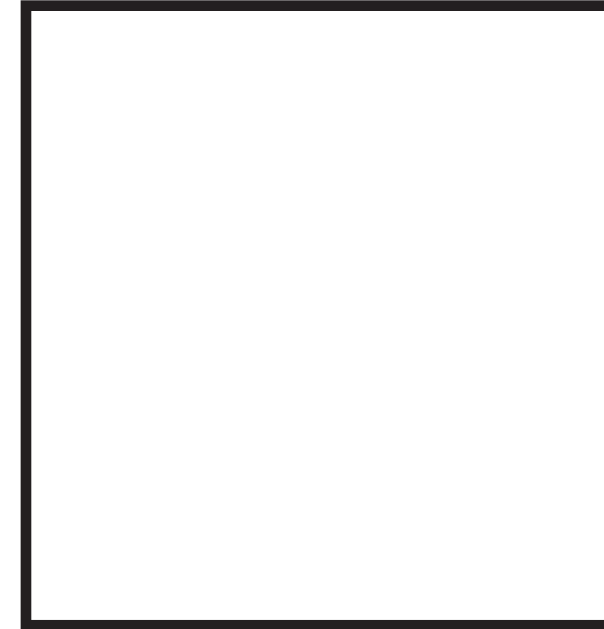




# IT FEELS 'GOUDE' TO BE A WOMAN!

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# CHAPTER THREE

## - FOOD FOR THOUGHT

A FEW WORDS WRITTEN BY A MAN FOR US WO'MEN. IN PREPERATION FOR INTERNATIONAL WOMEN'S DAY , WE FELT THIS WAS A BRILLIANT COLLECTION OF WORDS TO EMPOWER US FOR THE UPCOMING YEAR AND ALL IT HAS TO BRING.



BREAD



ROSES



AS WE COME MARCHING, MARCHING IN THE BEAUTY OF THE DAY,  
A MILLION DARKENED KITCHENS, A THOUSAND MILL LOFTS GRAY,  
ARE TOUCHED WITH ALL THE RADIANCE THAT A SUDDEN SUN DISCLOSES,  
FOR THE PEOPLE HEAR US SINGING: "BREAD AND ROSES! BREAD AND ROSES!"





AS WE COME MARCHING, MARCHING, WE BATTLE TOO FOR MEN,  
FOR THEY ARE WOMEN'S CHILDREN, AND WE MOTHER THEM AGAIN.  
OUR LIVES SHALL NOT BE SWEATED FROM BIRTH UNTIL LIFE CLOSES;  
HEARTS STARVE AS WELL AS BODIES; GIVE US BREAD, BUT GIVE US ROSES!

AS WE COME MARCHING, MARCHING, UNNUMBERED WOMEN DEAD  
GO CRYING THROUGH OUR SINGING THEIR ANCIENT CRY FOR BREAD.  
SMALL ART AND LOVE AND BEAUTY THEIR DRUDGING SPIRITS KNEW.  
YES, IT IS BREAD WE FIGHT FOR – BUT WE FIGHT FOR ROSES, TOO!



AS WE COME MARCHING, MARCHING, WE BRING THE GREATER DAYS.

THE RISING OF THE WOMEN MEANS THE RISING OF THE RACE.

NO MORE THE DRUDGE AND IDLER – TEN THAT TOIL WHERE ONE REPOSES,

BUT A SHARING OF LIFE’S GLORIES: **BREAD AND ROSES!**  
**BREAD AND ROSES!**

– J.OPPENHEIM





# THE SECRETS

GEORGIE ATON  
LIVERPOOL.

DRINK BUBBLES & WEAR  
DIAMONDS.

FIONA COULING  
NEWCASTLE

HOMEMADE SKITTLE VODKA WITH  
NAILS IN NAIL VARNISH. MY  
BEST LOVE ADVICE IS TO BE SURE  
YOUR LIFE IS FULL OF LAUGHTER,  
THAT'S THE BEST KIND.

ANNA MARIE  
GREENWICH

GIN & TONIC (SLIMLINE), CLUTCH  
BAGS ALWAYS, I PERSONALLY  
WOULD CHOOSE YVES SAINT  
LAURENT.

ROSIE KONG  
LONDON

CHAMPAGNE COCKTAIL & YOU  
SHOULD MAKE SURE A HOT GUY IS  
PAYING!

BELINDA ROBINSON  
CAMBRIDGE

PEACH BELLINI (THE SEXIEST  
DRINK EVER!) HOWEVER  
MAKE SURE YOU HAVE JUST 3,  
BEING SMASHED ISN'T OFTEN A  
GOOD LOOK! MY LUXURY ITEM  
IS MASCARA, AN ABSOLUTE  
ESSENTIAL POUR MOI. IN LOVE,  
YOU SHOULDN'T TAKE IT ALL TOO

SERIOUS.

IBIYE CAMP  
LONDON

MY DRINK WOULD BE MOJITO!  
ONLY FOR A TREAT. MAC RED LIP  
STICK IS MY EVERYTHING. RIGHT  
NOW MY ONLY LOVE ADVICE IS  
NEVER COUNT, IT GIVES YOU  
ANXIETY!

EMMY DAYAL  
CHESHAM

ALWAYS DRINK CHAMPAGNE FROM  
A LOVELY GLASS WERE POSSIBLE  
AND BE WEARING SOMETHING  
COMFORTABLE. YOU DON'T HAVE  
TO TREAT YOURSELF ON SPECIAL  
OCCASIONS ONLY. LUXURY ITEM  
IS SPARKLY RINGS, MAKES ME  
FEEL GOOD AND READY! IN LOVE,  
MAKE SURE YOU HAVE MORE  
ENJOYMENT THEN PROBLEMS.

TILLY CORDING  
OXFORD

BEST LIQUID IS A LARGE GLASS  
OF RED WINE. LUXURY ITEM IS  
DEFINITELY LAURA ASHLEY  
BEDDING! DON'T FEEL SORRY FOR  
YOURSELF IS THE BEST TRICK TO  
BEING THE WOMEN YOU WISH TO  
BE IN A RELATIONSHIP.

NICOLE VINER  
LEEDS

LONG ISLAND ICE TEA, A REALLY

GOOD PAIR OF SHOES, ALWAYS BE  
HONEST.

VICTORIA SIMPSON  
SHEPARD'S BUSH

I LOVE STRAWBERRY DAIQUIRI  
OR ANYTHING WITH PASSION  
FRUIT! (YOU CAN GET ONE OF  
YOUR 5 A DAY WHILST DRINKING!)  
MAC MAKE UP IS AMAZING.  
GETTING A CONSULTATION  
WITH THEM IS GREAT AS THEY  
REALLY HELP YOU WITH WHAT  
YOU NEED AS EVERYONE IS  
DIFFERENT. MY LOVE ADVICE  
WOULD BE: BE PREPARED FOR  
DISAPPOINTMENTS AND TRY NOT  
TO TAKE DATING TOO SERIOUSLY.  
IT SHOULD BE FUN, IMAGINE EACH  
DATE AS IF IT'S THE LAST TIME YOU  
WILL SEE THAT PERSON SO YOU  
CAN FULLY ENJOY YOURSELF.

JENNIFER LOVE  
LONDON

MY BEST LIQUID WOULD OF  
COURSE BE TIGER BEER. GOLD  
JEWELLERY IS AN ESSENTIAL  
MOST DEFINITELY. IN LOVE YOU  
SHOULD NEVER STOP WANTING TO  
IMPRESS YOUR PARTNER.

MEGAN KILROE  
MANCHESTER

GUINNESS, BOBBY BROWN MAKE  
UP, YOU GOT TO KISS SOME FROGS  
BEFORE YOU GET TO YOUR PRINCE!

SSSSHHHH.....ITS JUST BETWEEN US GIRLS!

# CREDITS

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THIS EDITION IS DEDICATED TO THOSE 140 WOMEN WHO  
LOST THEIR LIVES IN THE TRIANGLE FIRE OF NEW YORK  
CITY 1911.

WITH SPECIAL THANKS TO:

H, S, M

THE WO'MEN:

INDU DAYAL

IBIYE CAMP  
GEORGI EATON  
FIONA COULING  
BELINDA ROBINSON  
NATALIE CORDING  
ROSIE KONG  
GEMMA GRAINGER  
ANNA MARIE  
NICOLE VINER  
ALEXANDRA LEESE  
VICTORIA SIMPSON  
ISABELLA TIMOTHY  
KAYTEE SHANIIS  
AMBER HARTLEY  
LEANNE WATKINSON

RICHARD BIRSS  
MATTHEW RUSIKE

# REFERENCES & INSPIRATIONS

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CONVERSATIONS WITH OTHER  
WOMEN FIRST AND FOREMOST WAS  
AND WILL ALWAYS BE THE ULTIMATE  
INSPIRATION

BEYONCE KNOWLES CARTER  
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NOTTINGHILL CARNIVAL  
PAULA SCHER  
MTV MUSIC VIDEOS  
YOUTUBE DANCERS KAYTEE  
JAMICA DANCE HALL  
JAMES OPPENHIEM  
RIHANNA  
SOPHIE CALLE  
ROC NATION  
MARGRET HUBER  
INTERNATIONAL WOMEN'S DAY

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I AM BEYONCE.COM  
CHRISTIAN LOUBOUTIN

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DAILY MAIL  
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JUST JARED.COM  
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