

ATTENTION SINGLES! WIN TICKETS TO OUR SPEED DATE EVENT

SHE

BEAUTY, BODY & BALANCE

WILL HE CHEAT?

Warning signs you just can't ignore

FEAR FACTOR

WE DARE REAL WOMEN TO

- Ding out alone
- Try public speaking
- Strip in the street!

"I survived the boss from hell!"

MAKE IT HAPPEN!

Find your perfect work/life balance
PLUS banish stress and boost energy

Charlotte
The Queen
Screen queen

Great skin fast

Secret shortcuts to a gorgeous glow

HOW TO HAVE HOLIDAY SEX ALL YEAR ROUND

Beat the bloat & get your waist back

WHAT TO WEAR TO WORK

Office basics with sex appeal

PERSONAL ORGANISER

HOW TO DO "LOVE MATHS"

The secret equation (the complete & final explanation)

The ultimate way that you can be happy and successful in your relationship is to use the "Love Maths" equation. It's a simple formula that will help you to understand the relationship and how to make it work. The equation is: Love = (Communication + Trust) x Respect. The more you communicate and trust each other, the more respect you will have for each other. This will lead to a stronger and more successful relationship. The equation is: Love = (Communication + Trust) x Respect. The more you communicate and trust each other, the more respect you will have for each other. This will lead to a stronger and more successful relationship.



WHEN TO... STOP SLOGGING AWAY AT A DEAD-END JOB

Signs that it's time to quit & the smartest move you can make - here's how to do it right. By Charlotte Latham

WHEN TO STOP SLOGGING AWAY AT A DEAD-END JOB? You know the signs: You're not getting any promotion, your salary is stagnant, and you're just not enjoying the work. It's time to quit.

When you're in a dead-end job, it's important to know when to quit. Here are some signs that it's time to go: You're not getting any promotion, your salary is stagnant, and you're just not enjoying the work. It's time to quit.

HOW TO MANAGE YOUR STRESS

5 ways to stay calm in a hectic world

Stress is a natural part of life, but it can become a problem if it's not managed. Here are five ways to manage your stress: 1. Exercise regularly. 2. Get enough sleep. 3. Eat a healthy diet. 4. Practice deep breathing. 5. Talk to a professional if you're struggling.

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