

ZE SQUARE

2017

**BETTER
STRONGER
HEALTHIER
HAPPIER
THAN EVER**

INSPIRATION

*From Youtubers to
Business women*



**Beauty & Fashion
Healthy recipes
Book
Yoga
Travel
Career
Wellness...**

and more!

FITNESS
10 PAGE
AB SPECIAL

- Understand how abs work
- Exercise guide
- Why you've been doing it wrong all your life
- Foods for a flat stomach & ripped abs

ZE SQUARE January

3

FASHION

Get The Look
Shoe Game Strong
It-Accessories

9

BEAUTY

Let's Talk Skin Care
6 Secrets For A Glowing
Skin

11

BOOKS

5 Classic Books On
Feminism You Must Read
This Year

13

HEALTH

Eating Healthy 101

15

YOGA

Get Familiar With The
Practice Of Yoga

17

FITNESS

Understanding Abs
Exercise Guide
Why You've Been Doing It
Wrong All Your Life
Foods For A Flat Stomach &
Great Abs

27

HEALTHY RECIPES

29

WELLNESS

How Meditation Helps
Millions Of People Find
Inner-Peace & Happiness

31

TRAVEL

A Weekend In Montreal:
What To Do & Where To
Eat

36

INSPIRATION

Why Should You Consider
Entrepreneurship

38

CAREER

Turn Your Passion Into A
Business

40

SOCIETY

Undersand The Syrian
Conflict In 5 Minutes

43

CULTURE

The Story Behind Mona Lisa

45

CREATIVITY

Step Up Your Instagram
Game With These Two
Professional Photography
Techniques

47

BRING IT

ON, 2017!

How To Keep Up With Your
New Year's Resolutions All
Your Round

Letter from the Editor



HAPPY NEW YEAR

As we step into 2017, I want to wish you an *exceptional* year; filled with health, peace of mind, confidence and love from your close ones, but most importantly, self-love; self-love so deep and humbling, your cup overflows with love and light to fill up other people's cups. Do *anything* that makes *you* happy and walk confidently in the direction of your goals: head held high, light-hearted and ready to receive the abundance of great things Life plans to send your way.

I hope 2017 witnesses your wildest dreams come to reality, or at least, I hope you gather enough courage to throw yourself in the pursuit of your dreams. Equip yourself with unwavering faith in your ability to accomplish anything you set your mind to and develop unbreakable determination.

And if anything, I hope your only resolution this year is to be **excellent** at every single thing that you do.

On the very first edition of Ze Square Magazine, we will guide you through making the changes towards living a healthier and ultimately, a happier lifestyle. Thank you for purchasing this issue and check back our website every month for more amazing ones.

Fashion: Get the look

The Oversized Puffer Coat

Because Winter is nowhere near to be over it's still time to get on the oversized puffer coat trend. While more affordable brands have not followed trend setters Stella McCartney Balenciaga's extravagance in terms of size, you can still find some pretty nice puffer coats. Wear it half unzipped, unveil your shoulders and you've got yourself a runway look.



Urban
Outfitters,
\$159



H&M,
\$34;99



Fashion: Get the look

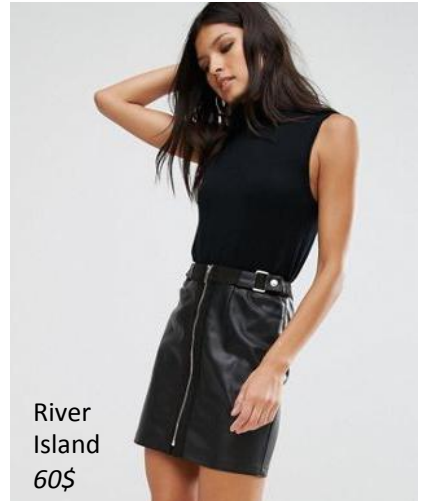


Photos:
Instagram
@theoutsid
erblog



The Leather Skirt

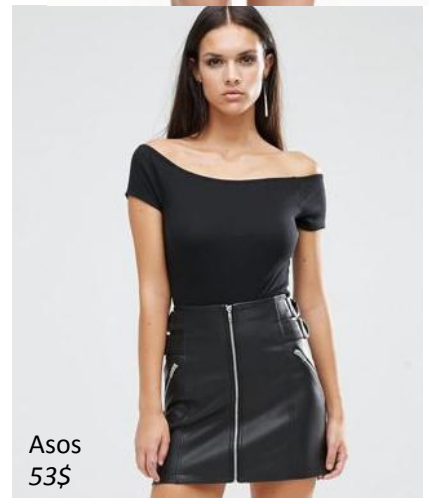
This Isabel Marant black leather skirt has been seen on all it-girls, from supermodels to the most popular fashion bloggers. Cope yours from H&M, Asos, or River Island and dress it up with a shirt, blouse, cardigan, or down with a hoodie.



River
Island
60\$



H&M
29.99\$



Asos
53\$

Fashion: Get the look



Photo Instagram:
@PatriciaManfield



The Line By K
185\$

The Satin Dress

A hit on the runways, the satin dress has conquered the streets of Paris, Los Angeles, Milan and more fashion capitals. See how fashion influencers Patricia Manfield, Aimee Song and Julie Sariñana rocked this trend and get yours below.



Zara
69.99\$

Photo Instagram:
@SincerelyJules

Fashion: Hot Trend



Sock It Up!

This season, you want to wear all shoes with socks or better yet, with fishnet stockings. Lately we've seen many it-girls pairing their sneakers with fishnet socks and we're loving the sexy/sporty trend. Here are some of the socks we love, to recreate the above looks.

Fashion: Shoe Game Strong



The Mid-Calf Boot
by Steve Madden,
120\$



The Lace Shoe
by Nasty Gal
320\$

5 Shoes You'll Need This Winter



The Over The Knee Boot
by Aldo Shoes
240\$



The Sneaker
by Nike,
100\$



The Pointy Shoe
by Forever 21
34.90\$

Fashion: Accessory



The Bag Trends You Don't Want To Miss

The Cross The Shoulder Bag

The Tote Bag

Photos credits: Instagram @whowhatwear, @thestyleograph, @styledumonde, @le21eme

Let's Talk Skin Care



A skin free from imperfections is probably every girl's dream when it comes to beauty. Many factors have an impact on skin texture: pollution, stress, lack of sleep, an unhealthy diet, or dehydration, can cause facial skin to break out, look dull and... Age prematurely. However, instead of taking care of their skin, women often attempt to cover up dark under eyes, pimples, acne, etc. with countless layers of makeup; completely ignoring the fact that wearing foundation or concealer on an unclean, non-moisturized skin actually worsens its condition, dries it out (which is so visible and quite frankly, kind of embarrassing) because these products make skin look "cakey".

We all know and love some popular beauty bloggers and Youtubers.

This is not an anti-makeup article; rather, it is a wakeup call to all the ladies who either wear way too much makeup trying to cover up what they perceive to be imperfections, or just because they like the art of applying makeup, or simply because makeup makes them feel prettier and more confident.

Whichever your reason for wearing makeup is, you should be just as confident with or without it. And to achieve that, you must take care of your skin.

Wearing minimal makeup should be the ultimate goal. And while taking care of one's skin takes discipline and determination, the final result is totally worth the effort because it screams "*I AM CONFIDENT IN MY OWN SKIN*" louder than pretty much anything else.

6 Easy Steps To A Glowing Skin Regardless Of Your Skin Type

1 *Get 8 hours sleep per night*

Not enough sleep causes skin to age prematurely, worsen immune-related skin issues, and existing skin conditions.

2 *Drink at least 1.5 L of water a day*

Or between 2-2.5 L if you perform cardio exercises that last 1 hour. Dry skin is often caused by dehydration.

3 *Eat clean*

An unhealthy diet **inevitably** leads skin to break out.

4 *Moisturize daily*

To allow skin cells to repair and turnover fresh cells. And slow skin aging process.

5 *Exfoliate twice or three times a week*

To remove old cells piling up on the surface of the skin, which can ultimately result in excess oil and clogged pores leading to acne and blemishes.

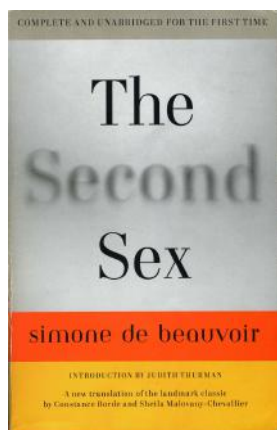
6 *Apply masks weekly*

Books

5 Classic Books On Feminism You **MUST** Read This Year

Understanding women's history; the psychological, biological, social, political and economic struggles females have faced throughout the centuries, and that led to women's oppression and gender inequality is crucial to be able to change females' role in our society.

1. ***The Second Sex, Vol. 1 & 2* by Simone de Beauvoir**

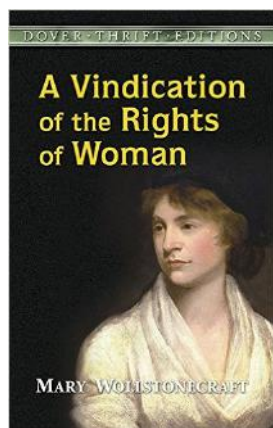


It is probably the most iconic literary work on feminism.

De Beauvoir examines in two captivating volumes the origins of females' reality, explaining why are women considered inferior and what have been the consequences of such a perception from men's standpoint. The author then describes the world as it is proposed to and experienced by women, thus enabling readers to have a deep understanding of the difficulties faced by females.

Drawing in history, biology, sociology, psychology and anthropology, *The Second Sex* is as important and relevant today as when it was first issued in 1949.

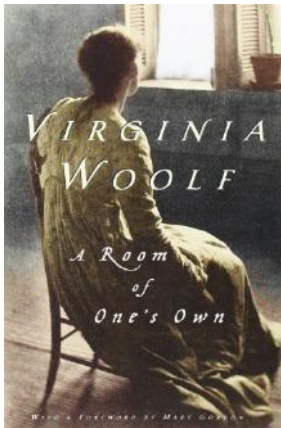
2. ***A Vindication Of The Rights Of Women*, by Mary Wollstonecraft**



Published in 1792, *A Vindication Of The Rights Of Women* is undoubtedly the first groundbreaking piece of feminist literature. Wollstonecraft wrote a plea for women's education as the sole tool to their liberation from men's oppression; arguing that women are brought up with the ultimate goal to please men and take care of the household; they are encouraged to appear delicate, sentimental, without any strength of soul and body. The author claims that habits such as exaggerated sensitivity and gallantry harm greatly the possibility of any equality of the sexes. Only a common education between boys and girls, founded on the exercise of the mind could possibly establish true and lasting gender equality.

Books

3. *A Room Of One's Own* by Virginia Woolf



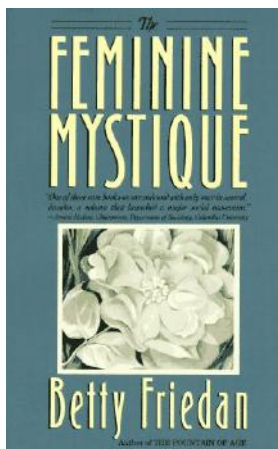
A Room Of One's Own was based on two college lectures given by the author in 1928, after Woolf had been asked to speak on the topic of Women and Fiction.

She blames females' lack of education and freedom for their alienation; arguing that because women were denied the required environment that would have allowed them to express their genius, they were reduced to live their daily routine.

"Lock up your libraries if you like, but there is no lock, no bolt, that you can set upon the freedom of my mind", she pens.

Woolf states that only financial independence and freedom from cultural restrictions could render women independent.

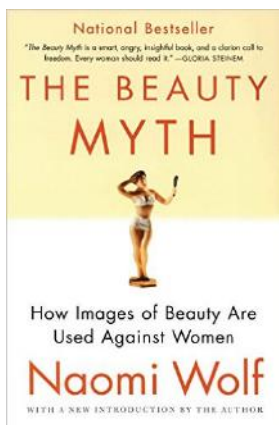
4. *The Feminine Mystique* by Betty Friedan



"The problem that has no name". That is how Friedan describes women's unhappiness in the 1950s. Despite living in material comfort and being married with children, females were not satisfied with their lives and felt they needed more, without being able to pinpoint what was missing in their lives.

The author analyzes the role played by magazines, which were run by men for the most part, in spreading the image of the happy housewife or the unhappy careerist, thus creating the "Feminine Mystique" and encouraging women to stick to their status of housewives and mothers.

5. *The Beauty Myth* by Naomi Wolf



In *The Beauty Myth*, Wolf discusses unattainable beauty standards and women's relationship with their body. She argues that at a time where females have become financially independent and despite the power they may have in society nowadays, low self-esteem issues due to beauty tyranny created by media are more relevant than ever.

Health



Eating Healthy 101

When deciding to live a healthier lifestyle, most people don't know where to start; they reduce fast food consumption which is great; they sometimes eat smaller portions of what they are used to cooking, which is not always the best idea since their normal diet is often high in fat and low in healthy nutrients; so although calories intake decreases and weight sheds, ingesting smaller portions of unhealthy food leads to subsequent fall of energy, which can cause dizziness and low blood pressure for instance.

The thought that one must eat five fruits and veggies daily is always tucked somewhere in the mind of the person who wants to be healthier. The main issue arises when they realize they don't know how to make veggies tasty enough to stick to this healthy diet. Eating is supposed to be enjoyable after all, so it is easy to give up on a healthy diet if the pleasure of eating is taken away. And even then, there is so much more to a healthy diet than consuming fruits and veggies, that it can be overwhelming. Here is a breakdown of what a healthy diet is made of.

Health

A healthy diet should include the following:

Protein

Found in fish, meat, poultry, dairy products, eggs, nuts and beans.

Fat

Found in animal and dairy products, nuts and oils.

Minerals

Calcium, iron, potassium, magnesium and zinc. Found in meat, fish, eggs, beans, baked potatoes, dried fruits, leafy greens, whole and enriched grains.

Carbohydrates

Carbs, as they are usually called comprise two types of nutrients: fibers and sugar and can be found in fruits, vegetables, whole grains, beans and other legumes.

Vitamins

Several types of vitamins (vitamin A, B, C, D & K) play different roles in the organism. Can be found in fruits, vegetables, meat, fish, poultry, dairy product, beans, nuts.

Water

From drinking water, tea, or from fruits and vegetables.



A Typical Healthy Meal

The above tab might look like a lot of information to take in, but it's not. Typically, this is what a healthy meal looks like:

Half of your plate must be filled with fruits and veggies, and the other half must be split between whole grains (quinoa, rice, or pasta) and lean protein (skinless chicken, fish, shellfish, tofu or other soy foods, ground beef, pork loin, eggs, lentils, or other beans).

Yoga

An Introduction To Yoga



What Is Yoga?

The word yoga means « union » in Sanskrit, the language of ancient India where Yoga originated 5,000 years ago. It essentially consists in the union between body, mind and spirit occurring in the practice of physical poses or postures called « asana's ».

By focusing attention on every inhalation and exhalation while holding the poses, yoga becomes a form of meditation.

Every posture has specific physical benefits such as developing body strength and/or flexibility, releasing imbalances and tension such as back or neck pain, for instance.

Depending on the type of yoga practiced, the succession of postures can be performed quickly or slowly, whether the goal is to create heat in the body or to master poses' alignment. Although Yoga draws in physical abilities, its main goal is to achieve spiritual and mental well-being.

There are six popular styles of Yoga. Although all of them are based on the same asana's, each holds a distinctive feature that differentiates it from the others.

Yoga

The Most Popular Types Of Yoga

HATHA

It is slow-paced, gentle and stretching-focused. It helps work on alignment, learn relaxation techniques, grow comfortable with the poses and develop strength and flexibility.

Ideal for complete beginners.

ASHTANGA

(also called Power Yoga)

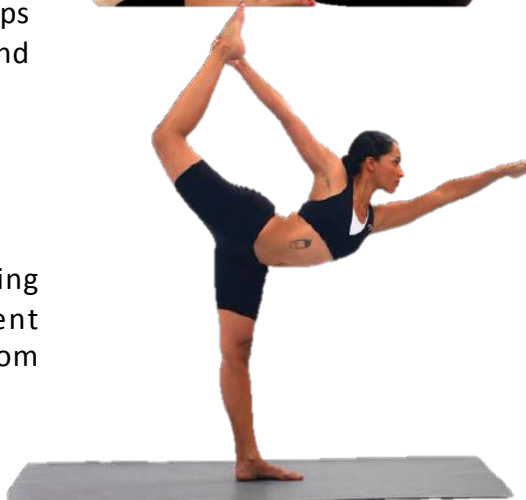
Fast-paced and physically demanding, this practice focuses on coordinating movement and breath to create inner heat that purifies the body. Helps build core strength and tone the body.

Ideal for seasoned yogis.

VINYASA

Focuses on coordinating breath with movement when transitioning from one pose to another.

Ideal for weight loss and strength building.



BIKRAM (also called Hot Yoga)

Practiced in a 95-100 degree room, Hot Yoga was created to loosen tight muscles and increase sweating which is ultimately believed to cleanse the body.

Ideal for developing flexibility.

IYENGAR

Focuses on perfecting body alignment and holding poses for a long period of time to draw the most benefits.

Ideal for relieving back or neck pain.

KUNDALINI

Combines physical and spiritual practices as it includes breathing techniques, meditation and mantras chanting.

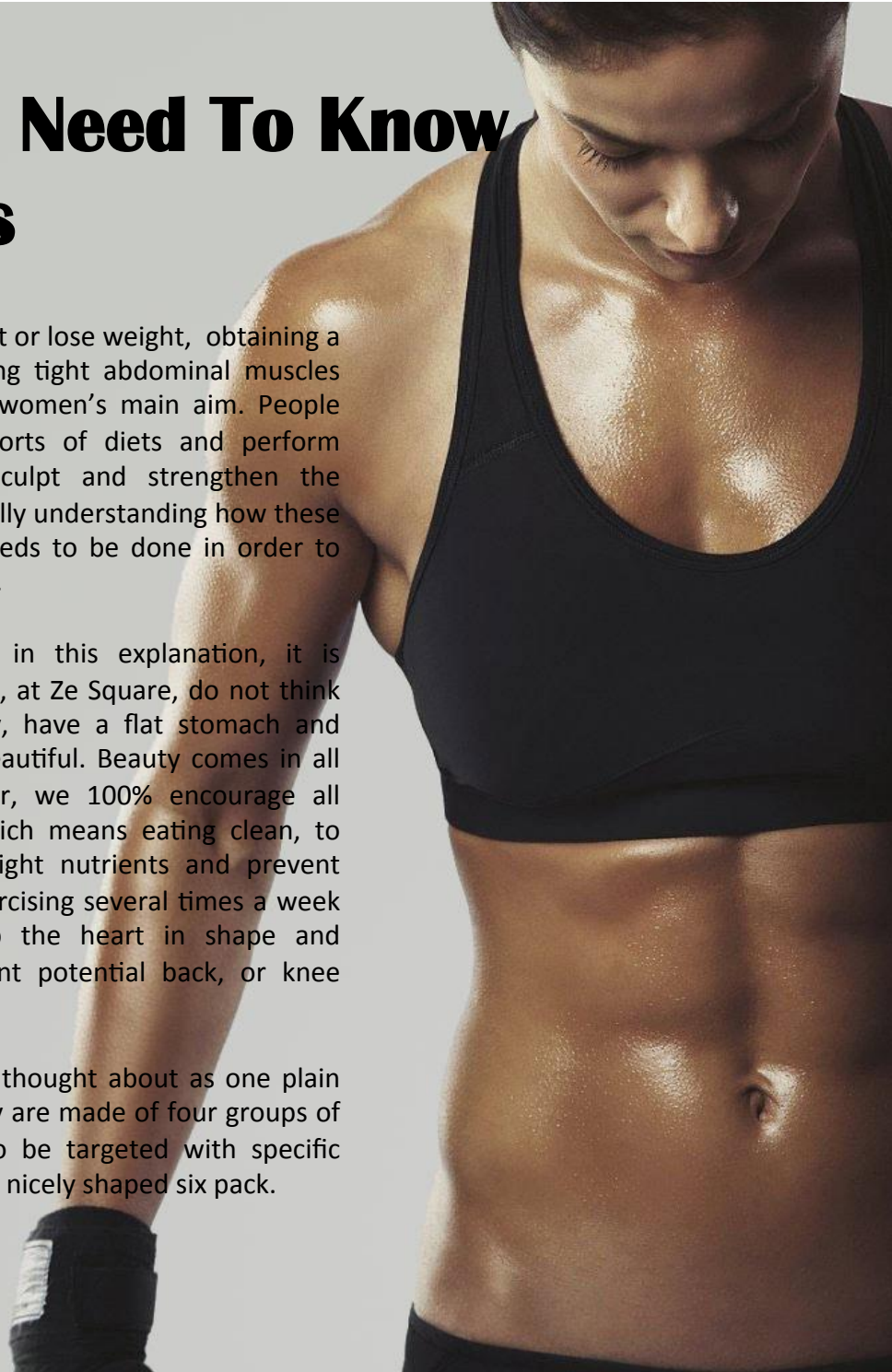
Ideal for a spiritual experience.

What You Need To Know About Abs

Whether the goal is to get fit or lose weight, obtaining a flat stomach and developing tight abdominal muscles are almost always one of women's main aim. People throw themselves in all sorts of diets and perform dozens of exercises to sculpt and strengthen the abdominal wall, without really understanding how these muscles work and what needs to be done in order to really see prominent results.

Before going any further in this explanation, it is important to stress that we, at Ze Square, do not think women need to be skinny, have a flat stomach and ripped abs to be or feel beautiful. Beauty comes in all shapes and sizes. However, we 100% encourage all women to be **healthy**; which means eating clean, to feed the body with the right nutrients and prevent countless diseases; and exercising several times a week combining cardio to keep the heart in shape and strength training to prevent potential back, or knee pains as one grows older.

Back to abs: Abs are often thought about as one plain muscle when in reality, they are made of four groups of muscles that each need to be targeted with specific exercises to build a lean and nicely shaped six pack.



Fitness

The Four Abdominal Groups Of Muscles



1
The rectus abdominis muscle, commonly known as the six pack

2
The transversus Abdominis muscle, wraps around the torso from front to back and from the ribs to the pelvis. See below for a better image of the transversus abdominis

3
Internal Obliques

4
External Obliques



Cut attachments of internal obliques

The transversus abdominis seen from a different angle.

Abdominal exercises must target the entire abdominal wall in order to sculpt a harmonious, lean and tight stomach.

We will show you which exercises to perform up next.

Fitness

EXERCISE GUIDE TO WORK THE ENTIRE ABDOMINAL WALL

Upper Rectus Abdominis (Upper abs)

Crunches

Lie on your back, knees bent, place your hands behind your head. As you lift up, make your right elbow touch your left knee. Lie back down. Now make your left elbow touch your right knee. Do 3 repetitions of 25 with 15 seconds rest.



Heel Touches

Lie on your back, bend your knees, spread them about hip size.

Lay your arms along your body and try to touch one heel at the time. Squeeze your stomach as you try to touch your heel and feel it burning. Do 3 reps of 25 with 15 seconds rest in between reps.

Lower Rectus Abdominis (Lower abs)

Reverse Crunches

Lie on your back with your knees together and your legs bent to 90 degrees, feet planted on the floor. Squeeze your abs to lift your hips off the floor as you crunch your knees inward to your chest. Do 3 reps of 25 with 15seconds rest.



Leg Raises

If you are already pretty athletic, you can add ankle weights to make this exercise a bit more challenging. Do 2 reps of 30 with 15 seconds rest.



Fitness

Obliques



Russian Twist

Grab a ball or weights if you are already athletic. Lie on the floor, bend your knees and elevate your legs and upper body. Now twist your torso from left to right with your ball or weights in your hand. Do for one minute.

Side Plank

Lie on your right side with your legs extended, both feet and hips on the ground. Place your right elbow under your shoulder as shown on the picture and align your head with your spine. Now squeeze your abs and lift your hips and knees off the floor. Hold position for 1 minute and repeat movement on the left side. Do 2 repetitions with 15 seconds rest.



Rectus Abdominis (exercises that work both upper and lower abs)



Flutter Kicks

Lie on your back, extend your legs and lift them a little above the floor. Now lift your right leg higher than the left one then lower the right leg as you lift the left one and repeat for 1 minute.

Jack Knives

Lie on the floor with your arms extended straight behind your head and your legs extended. Now lift your torso arms & legs simultaneously to make your fingers touch your toes. Do 2 reps of 40.

3 Cardio Exercises That Work Abs Too



Sprinting is one of the greatest ways to burn calories and build lean muscles. The abs are worked by contracting the entire abdominal wall to generate power to sprint. If you are not athletic, start off with shorter sprints and less repetitions and slowly increase them as you get in better shape. The general rule is to sprint for 15 seconds and rest for 30 seconds, for instance. Sprinting in hills will increase the workload on abs. The entire exercise should not last longer than 30 minutes.

In order to lose fat, you need to burn more calories than you consume daily. High intensity interval training (HIIT) has been proved to help burn calories even **hours after** the exercise has been completed. This phenomenon is commonly known as the « afterburn effect », or « excess post-exercise oxygen consumption », or simply EPOC. It has been the subject of numerous studies which have established that there is a strong connection between the number of calories burned after training and the workout's intensity. One study claims HIIT burns three

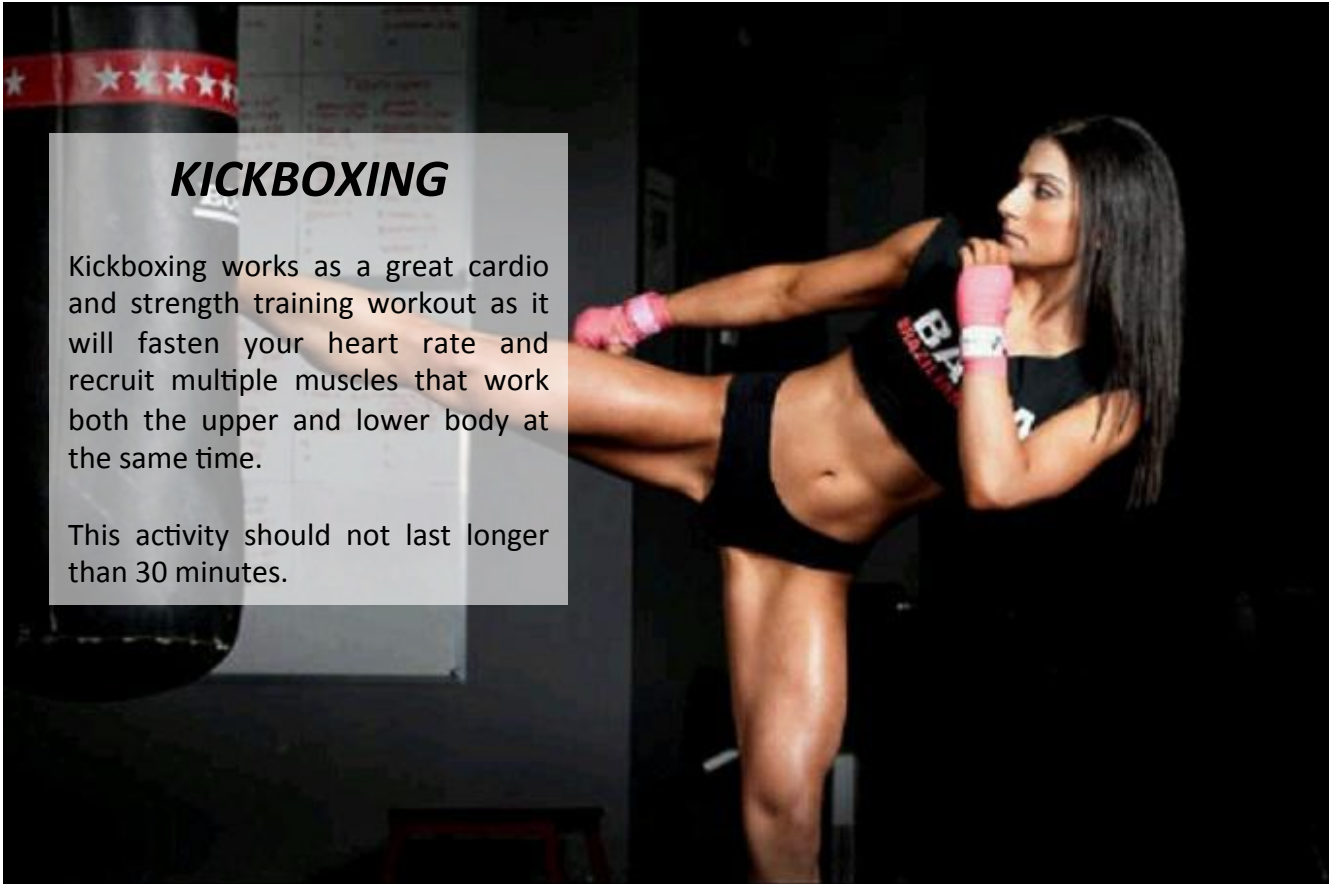
times as much calories as steady-state cardiovascular workouts. In other words, the more intense the activity, the more calories you burn afterwards. In addition to promoting caloric expenditure, high intensity interval training allow to build muscle quicker. Note that it is strongly advised NOT to engage in high intensity interval training more than twice a week on non-consecutive days. So what is exactly high intensity interval training? It describes exercises completed alternating intervals of extremely intense activity with recovery intervals.

Fitness

KICKBOXING

Kickboxing works as a great cardio and strength training workout as it will fasten your heart rate and recruit multiple muscles that work both the upper and lower body at the same time.

This activity should not last longer than 30 minutes.



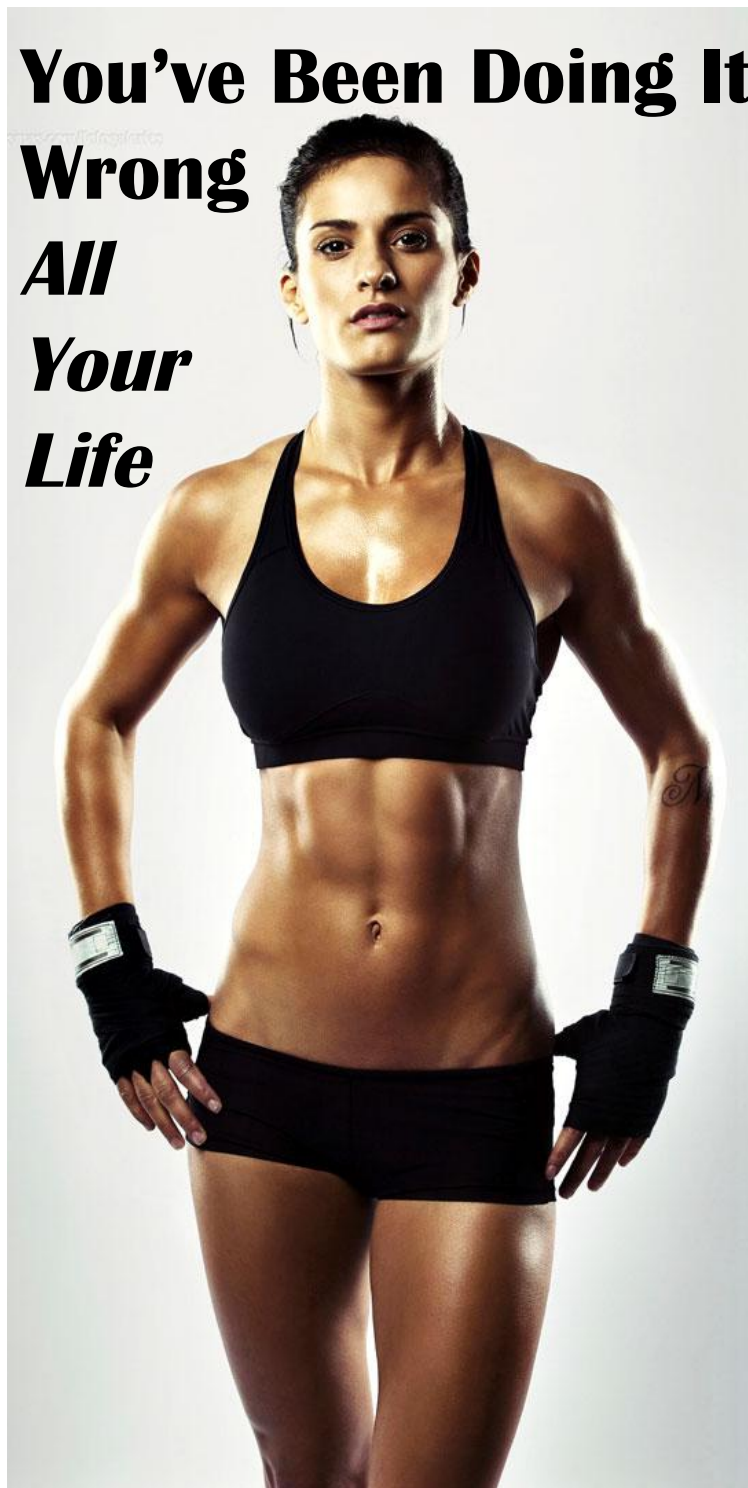
JUMP ROPE

Did you know that 15 minutes of jumping rope was as efficient a cardio exercise as 45 minutes of stationary bike? It is an excellent full-body workout that should not be underestimated, as it engages leg muscles to help you jump, while your abdominal wall keeps you balanced and your arms rotate the rope. A typical jump rope HIIT would be to jump rope as fast as you possibly can for 30 seconds, followed by 30 to 60 seconds of rest walking or jogging lightly. This circuit should be repeated five to ten times.



Fitness

**You've Been Doing It
Wrong
All
Your
Life**



We are often misled into thinking that performing hundreds of abs daily will undoubtedly be the key to sculpting if not a six pack, at least a flat stomach.

But there is one essential point that is often forgotten: one can do abs *all day* without ever seeing even the hopeful signs of a flat stomach.

Why? Because the body fat that envelops the stomach does not disappear thanks to abdominal exercises. It's actually quite the opposite: some of the fat transforms into muscles; so instead of having a lean figure, you might notice the vague shape of an ab which will encourage you to continue, but that's pretty much it. The muscles you build will remain hidden under body fat.

In order to have visible abs and a flat stomach, one must first lose body fat, which can only be done through cardio exercises and a healthy diet.

Instagram fitness models are so wildly popular; they can be both a source of motivation and frustration at the same time, because women compare their fitness results to other females they see on social media. You'd be surprised to know how strict of a diet all these "fitness models" follow. If you knew, trust me when I say you'd give up wanting their body.

Fitness

That fitness journey is about being healthy first.

Sugar plays a huge role in appearance of muffin tops, and overall body fat. So when deciding to change your diet to a healthier one, there are a few things that you absolutely need to do: Reduce sugar, especially processed sugar, as much as you can. So many foods that we wouldn't think contain sugar actually do: canned products, frozen ones, white rice, bread, hamburger buns, spaghetti sauce, and the list goes on.

Build your meals around fresh fruits and vegetables.



Go At Your Own Pace

Going from an unhealthy diet to a very restrictive one overnight is never a good idea. And that is exactly why you should not put any pressure on yourself. It's not about the end result of being slimmer or fitter; it's about the journey to a healthier version of yourself. So don't be in a rush to achieve any results, because you would run the risk to injure yourself in the gym, or you could get discouraged with your healthy diet easily.

Try to think of it this way: You can't fix years and years of living a sedentary and an unhealthy lifestyle in just a couple of weeks of eating healthy and training.

Change takes time, effort and dedication. Remember this every time you feel like giving up.

My advice would be to slowly incorporate healthy habits to your life. And don't ever compare yourself to other women. You can think of the type of body you would like to achieve but that's it. Comparing yourself to other people can only result in frustrations. Always remember that you are on your own journey.

Foods For A Flat Stomach And Ripped Abs

The Role Of *Sugar*

When consuming a meal or snack that is high in sugar, the metabolism releases more insulin to absorb some of the sugar and transform it into energy, while the excess of sugar is going to be used as fat for storage. The more sugary and fatty meals you ingest, the more fat your body stores and the harder it is to lose it.

If your goal is to have a flat stomach, reducing or cutting processed sugar altogether is a must. An incredible amount of products that are consumed daily contained high fructose corn syrup, which is an industrial, man-made sugar that has been linked to being one of the primary causes of type 2 diabetes, obesity and cardiovascular diseases. You may wonder why is high fructose corn syrup so unhealthy given that fructose is a sugar that is naturally present in fruits and fruits are known to be extremely healthy. Well, the problem is that the concentration of fructose in high fructose corn syrup is almost 50% sweeter than the one naturally present in fruits. A short list of products containing high fructose corn syrup: juice cocktails, soda, breakfast cereals (even the “healthiest” ones), yogurt, already made salad dressings and sauces, breads, candy and candy bars, nutrition bars, canned products, crackers, ice creams, jams and jellies.

The Role Of *Dietary Fiber*

One of the worst enemies of a flat stomach is bloating. The main reason for bloating is usually certain foods that are high in a particular type of dietary fiber. What are fibers? Dietary fiber represents the carbohydrates and lignin that are naturally present in plant foods and that are not digested and absorbed by the digestive system. Fibers can be divided into two categories: soluble and insoluble fibers, which are both needed by our body to function correctly. Soluble fibers are the ones that are, obviously, soluble in water; when consumed, they soften and transform into a slimy substance that is smooth for our intestine. Soluble fibers are responsible for blood sugar regulation, cholesterol control and **provoke a feeling of satiety**. Insoluble fibers are not soluble in water, which means that when consumed, they get waterlogged and inflate. Certain types of insoluble fibers are fermentescible, which means that they produce bacteria in the colon and provoke bloating and gas. Insoluble fibers help maintain our colon hydrated, ease digestion, prevent constipation and limit cholesterol absorption.

Most foods contain both soluble and insoluble fibers. Insoluble ones are usually found in fruits and veggies’ skin. Foods that make you bloated: yogurt, cruciferous vegetables like broccoli, cauliflower, beans, onions, artificial sweeteners and grains.

Fitness

Foods For A Flat Stomach And Ripped Abs

Eggs:

Eat 2 egg whites
and 1 whole egg.

Vegetables

Broccoli
Tomatoes
Brussels Sprouts
Cauliflower
Kale
Eggplant
Cucumber
Bell Pepper
Asparagus
Green Beans
Mushrooms
Spinach
Celery
Zucchini
Swiss chard
Cabbage

Meat & Fish

Chicken
Salmon
Trout
Sardines
Shrimp
Lobster
Tuna
Cob

Fruits

Avocado
Strawberries
Grapefruit
Apricots
Lemons
Kiwi
Tomatoes
Raspberries

Nuts & Seeds

Almonds
Walnuts
Chia seeds
Flax seeds
Pumpkin seeds
Sunflower seeds

Dairy

Greek Yogurt



Healthy recipes

Quick, Easy & Yummy Dinner Recipe Idea

Quinoa, pepper bell, chicken, zucchini, feta salad

Preparation time: 20 mins

Ingredients for 2 plates:

½ Green bell pepper
2 Chicken breasts
1 Zucchini
1 Cup quinoa
1 ½ Cup chicken broth
Feta cheese
Olive oil
½ tsp garlic
Lemon
Salt and pepper to taste



Preparation:

Add one cup of olive oil, four tbsp of lemon juice, a pinch of salt and pepper to taste in a bowl. Mix and add chicken breasts. Transfer everything in a freezer bag and shake to make sure the chicken is all covered with the dressing then keep in the refrigerator.

Slice the pepper bell and zucchini and chop garlic.

Wash one cup of quinoa.

Heat olive oil in pot over medium heat. Add chopped garlic and sauté for about one minute. Add quinoa and sauté for about one minute. Add 1 ½ cup of chicken broth. Bring to boil then let simmer for 12 minutes or until broth has been completely absorbed by quinoa.

Preheat an outdoor grill for medium-high heat and lightly oil grate. Cook chicken, pepper and zucchini on the prepared grill 10 to 15 minutes per side. Add all ingredients to your plate and sprinkle with feta cheese.

Healthy recipes

Breakfast Of Champion Recipe Idea



Ingredients for 2 plates:

- 2 Avocados
- 1 tomato
- 4 eggs
- 4 toasted slices of bread
- Cheese of your choice
- ½ Grapefruit
- Lemon juice
- Olive oil
- Salt, pepper and cayenne pepper to taste
- Optional, for more protein: add ham or tofu

Preparation:

Mash avocados in bowl then add 1 tbsp olive oil and 2 tbsp lemon juice. Add salt, pepper and cayenne pepper to taste.

Fry eggs like you normally would.

Toast bread and spread with mashed avocado mixture.

Add one egg per toast and top with cheese.

Add tomatoes, salt and pepper to taste.

Halve a grapefruit and bon appétit!

This breakfast should keep you full until lunch time.

Tip: If you want it to be even healthier, replace two eggs per plate with one whole egg and two egg whites per plate: egg yolks are known for being more caloric and containing less protein than egg whites, and for increasing cholesterol level.

Wellness



Mindfulness Meditation Helps Millions Of People Find Inner Peace & Happiness

What is mindfulness meditation?

It is a form of meditation that concentrates awareness on breathing and on what you're experiencing in the moment, without escaping in thoughts, worrying about the past or apprehending the future; and adopting a nonjudgmental attitude about what is going on around you. Mindfulness meditation promotes positive attitudes to reach a balanced and healthy mental state. The goal pursued by practitioners of mindfulness meditation is development of self-awareness, love, increased kindness, peace and compassion towards themselves and others.

Studies Prove Mindfulness Meditation Alters The Brain For The Better & Helps People Be Happier

Typically, an instruction for a mindfulness meditation practice would go as follow: find a comfortable position, sitting with your feet on the ground and your palms in your laps facing upwards. Close your eyes and begin by simply witnessing your breath. Observe your incoming and outgoing breath without attempting to control it any way. You may find that your breathing becomes spontaneously slower or faster, deeper or shallower, or it may even pause for a time. Allow changes to occur without resistance or anticipation. Whenever your attention drifts away from your breath to a thought in your mind, a sensation in your body or a sound in your environment; gently return your awareness to your breathing. If you want, on the in breath you can think the sound « So » and on the outbreath, think the sound « Hum » and repeat for 10 or 20 minutes. Don't forget to set an alarm.

For novice meditators, the first practices of meditation are challenging as myriad thoughts keep jostling into the mind, and sitting still for 20 minutes may prove difficult; but the mind has no choice but to settle as the nervous system calms down, so it is important to commit to completing the 20 minutes.

A study conducted by the University Of Massachusetts Medical School proved that mindfulness meditation changes regions of the brain linked to compassion, self-awareness and memory. The researchers compared before and after MRI images of the brains of 16 students who had completed

30 minutes of meditation daily for eight weeks, with 17 non-meditators, and found that practitioners had increased concentration of gray matter (gray matter serves to process information in the brain) in multiple brain regions, including the hippocampus, which is the brain structure that is responsible for the formation of long-term memories, spatial navigation AND emotional regulation; as well as other areas linked to reminiscing the past and picturing the future, along with empathy and the aptitude to recognize other people's viewpoints.

To dig deeper on the effects of mindfulness meditation on the regulation of emotions, studies have established that it reduced negative mood states, improved positive ones and decreased tendencies to be distracted and feel downhearted. Additional findings show that meditation leads to reduced emotional reactivity and eases a return to emotional baseline following reactivity.

Another study showed that mindfulness meditation decreased concentration of gray matter in the amygdala, an area of the brain related to anxiety, fear and stress. Mindfulness meditation asserts decreased reactions to stress by lowering the heart rate, attenuating anxiety, depression, chronic pain, psoriasis, headache, high blood pressure, and high cholesterol.

A WEEKEND IN MONTREAL, CANADA

A city that teems with creativity, hosts some of the best festivals, serves exquisite food and knows how to have a good time.



Montreal seems to be the artistic center of Canada. Witness the extreme beauty of the city's architecture, which is a unique mash-up of European 18th-century façades and North American impressive glass skyscrapers, with a signature touch that marvels all tourists: the exterior stairs. The buildings' bright colors or pastel tones; the effervescent energy and creativity that defines Montreal can be found in restaurant kitchens, bars, on stage, down to the streets, with jaw-dropping urban art murals abounding in the most unexpected places contribute to reflecting the warmth and dynamism of a city and people who enjoy life to the fullest, whether the sun shines brightly in the summer months, or whether the town is covered with a snow coat.

Typical Montreal Food You *Must* Try

Schwartz's Smoked Meat



Smoked meat is a must eat dish when visiting Montreal and Schwartz is *the* place you want to have it at. The small restaurants has served countless presidents and artists and if you needed further proof how iconic it is, the line outside the eatery at any given time of the day regardless of the weather, should be just it.

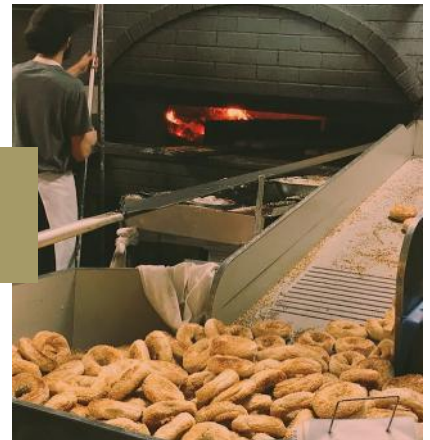
Note the address: 3895 Saint-Laurent Blvd | North of rue Prince-Arthur, Montreal, Quebec H2W 1X9,

A Quinta's Portuguese Chicken



Unlike other ethnic restaurants that are usually concentrated in specific quarters, like china town or little Italy for instance; Portuguese chicken eateries can be found in almost every street corner of the town. Our personal favorite is A Quinta, a very low key and romantic restaurant that serves delicious grilled chicken. Note the address: 1851 Rue Ontario E, QC H2K 1T7

St-Viateur Bagels



An institution in Montreal and across the globe, St-Viateur bagels distinguish themselves from the other brands by boiling the bagels in honey water, which gives them a light sweet taste, before baking them in wood-fired ovens. The family-owned bakery is so popular that their bagels are sold in the U.S. That is to show how popular they are. Four different addresses:

263 Rue Saint Viateur O, QC H2V 1Y1
1127 Avenue du Mont-Royal E, QC H2J 1X9
5629 Av de Monkland, QC H4A 1E2
7030 St-Michel, QC H2A 2Z4

La Banquise Poutine



Poutine is a typical Quebecois dish that is made of French fries, cheese curds and topped with a delicious brown gravy. La Banquise offers exquisite variations of this meal and is open 24 hours.

Note the address: 994 Rue Rachel E, QC H2J 2J3

Travel

Other Restaurants You Don't Want To Miss

Brunch at Fabergé



You can't leave town without trying their famous chicken waffles and their delicious Mac n' Cheese and pulled pork Eggs Benedicts (called Benny Mac on the menu). In the mood for bubbles in the morning? Try their hibiscus flower flavored mimosa! To die for.

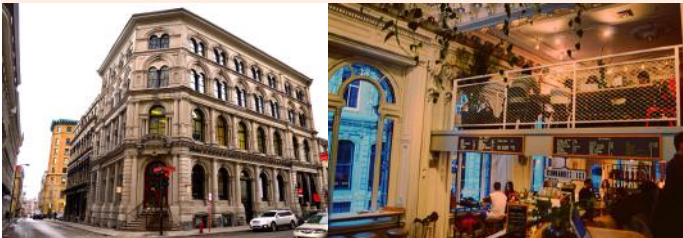
Note the address: 25 Avenue Fairmount Ouest, MTL, QC H2T 2L9

Dinner at Il Focolaio



Do yourself a favor and try Il Focolaio's authentic Italian pizzas, made in a wood-fired oven. Their menu offers 75 different pizzas that are all so good you'll feel like you have reached the seventh heaven: you'll thank us later. Note the address: 1223 Rue Du Square Phillips, QC H3B 3E9

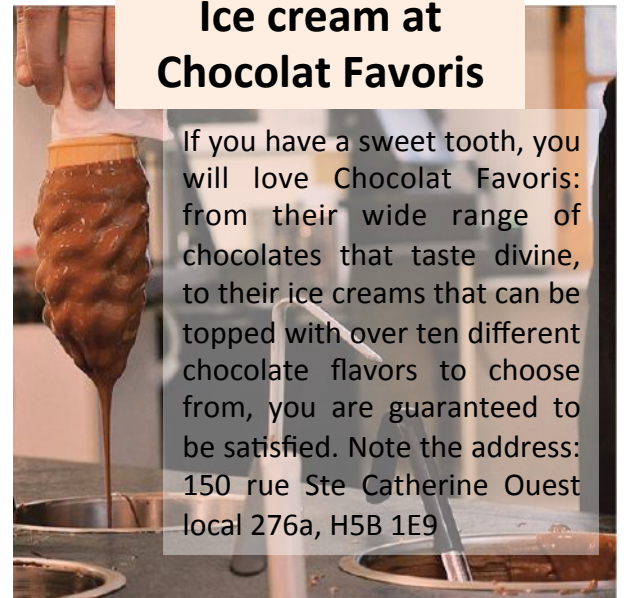
Coffee at Café Tommy



Café Tommy is a very popular coffee shop among the locals. It is located in the impressive former British Empire Building, in the old town. The original interior design and the overall ambiance make it perfect to bring a date, to study, work or to simply enjoy a coffee with a friend.

Note the address: 200 Rue Notre-Dame O, QC H2Y 1T3

Ice cream at Chocolat Favoris



If you have a sweet tooth, you will love Chocolat Favoris: from their wide range of chocolates that taste divine, to their ice creams that can be topped with over ten different chocolate flavors to choose from, you are guaranteed to be satisfied. Note the address: 150 rue Ste Catherine Ouest local 276a, H5B 1E9

What To Do In Montreal This Winter

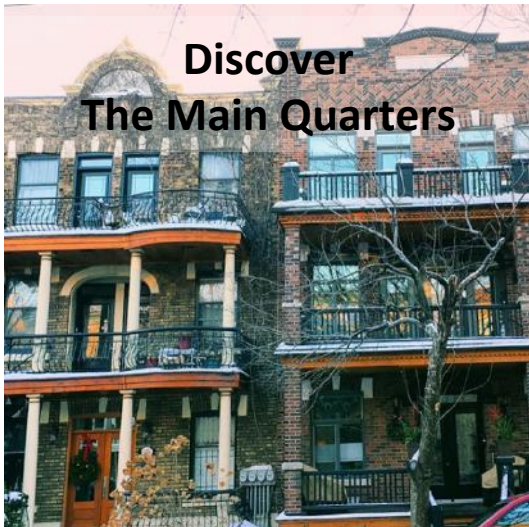
Attend a Montreal Canadiens hockey game



Attend Winter Festivals



Discover The Main Quarters



Plateau Mont-Royal/Mile End
Old Montreal
China Town
Entertainment District (Quartier des Spectacles)
Shopping District (Ste-Catherine)
+ St Denis street
St Laurent street

Igloo Fest from January 12 to February 19, 2017; brings together electronic music fans from all over the globe for six weeks. In 2017, the festival will celebrate its 375th anniversary.

Montreal En Lumière will take place from Feb 23 to March 11, 2017. The highlight of this festival is the « Nuit Blanche » (white night) where all museums, some bars and restaurants are open all night and outdoors activities are organized.

Take a walk on Mount-Royal



Travel



10 Interesting Facts About Montreal

1 -----
Montreal is an... island!

2 -----
Montreal has the second largest number of restaurants per capita in North America after New York City.

3 -----
One thing that always seems to astound foreigners is that people respectfully line up at bus stops. The first person to arrive will be the first one to get on the bus.

4 -----
All there is to know about alcohol: you can't purchase alcohol after 11 P.M. in stores. Grocery and convenience stores sell beer, but the only place you can buy strong alcohol, fine wine and spirits, is at SAQ (Société des Alcools du Québec).

5 -----
Montreal is the second largest French speaking city after Paris. Over 50% of Montrealers are bilingual (French/English) and many speak a third language. It is not unusual to be greeted by « Hi, bonjour » (« bonjour » means « hi » in French) when entering shops and restaurants.

6 -----
Montreal was given the name of « The City Of A Hundred Steeples » by the author Mark Twain, due to the high concentration of churches he could see from his hotel room window.

7 -----
Montreal was the first urban centre in North America to be designated a UNESCO city of design.

8 -----
Montreal has a 32 KM (20 Miles) « underground city » that was built to allow Montrealers to go to work, take the metro (subway), shop and go to the restaurant without ever having to brave the cold temperatures. The underground city links eight metro stations, five train stations, 63 buildings, 10 hotels, 2,000 businesses, 37 movie theaters, 10 university buildings and 43 indoor parking areas.

9 -----
Taxes are not included in price tags in Canada. Tax percentage varies according to Provinces and amounts to 15% in Quebec.

10 -----
No partying until the wee hours of the morning: bars and clubs close at 3:00 A.M.

Inspiration

10 Female Youtubers Who Built Empires

1

An unknown toy reviewing vlogger has turned her hobby into a reported **\$21.8 million** empire. She is the highest paid female Youtuber. Her channel? Fun Toys Collector Disney Toys Review

2



Lilly Singh

Makes music videos, comedy skits and vlogs. She reportedly earns **\$7.5 million** a year. Her [channel](#).

3



Rosanna Pansino

Runs a baking show where she teaches her 7 million subscribers how to whip up deserts inspired by science fiction, comics, video games and fantasy. Her talent and creativity have helped her earn **\$6 million** a year. [Her channel](#)

4



Rachel Levin

Who runs the channel [RCL Beauty 101](#) posts videos ranging from DIYs, life hacks, comedy, skits. Her channel counts over 10 million subscribers and she makes **\$5.1 million** a year.

5



Colleen Ballinger

With over seven million subscribers to her channel dedicated to comedy skits, Colleen Ballinger from [Miranda Sings](#) earns **\$5 million** a year.

Because we promote finding ways to build a career around your passion, we have selected some of the highest paid Youtubers who will hopefully inspire you to get out there and make it happen for yourself, whether you choose to use Youtube as your platform or not.

Inspiration

6



Lindsey Stirling

Is a violin musician who makes *\$6 million* a year and has almost 9 million subscribers to her [channel](#).

7



Zoe Sugg

With over 11 million subscribers to her channel, [Zoella](#), a British YouTuber who posts beauty and fashion makes *\$1.5 million* a year.

8



Jenna Marbles

She posts rants and comedy skits and is followed by nearly 17 million subscribers. She reportedly earns *\$1.2 million* a year. Her [channel](#).

9



Michelle Phan

She posts about makeup and beauty and is followed by almost 9 million subscribers. Phan reportedly earns \$836,000 a year. Her [channel](#).

10



Bethany Mota

She is followed by over 10 million subscribers who religiously keep up with her videos ranging from hair, fashion, makeup tutorials and morning routines. Her [channel](#).

**10
Female
Youtubers
Who Built
Empires.**

Career

Turn Your Passion Into A Business



***YOU
HAVE***

probably heard the saying « Find what you love and you'll never have to work a day in your life. » and pictured yourself not having to worry about anything on earth but sunbathing in an island, sipping on coconut water and flooding everyone's Instagram feed with photos of your dreamy body wearing Chanel, Gucci, Balmain, Valentino and other upscale fashion designers in paradisiac settings, while secretly rejoicing at the thought that the whole world might be envying you and your lavish lifestyle. Ah, how capitalism and marketing have shaped women's desires!

Maybe reading this quote sparked your interest to try to build your career around your talent, but not knowing where to start, you gave up; or you thought such a "blessing" could never happen to you; or, after scratching your head for a while, trying to figure out which activity provides you so

much joy that you would spend the rest of your life perpetuating it, regretfully came to the conclusion that you don't have a passion. Whichever your reaction to the idea of turning your hobby into a lucrative business is, know that it *is* possible to fulfill your dreams, whether you're from a small town, have already tried and failed, or feel stuck in a difficult situation. However, there are a few things one needs to know about entrepreneurship. This article will hopefully set the record straight about some of the expectations, misconceptions and obstacles one might face along the way.

Too often people get into entrepreneurship assuming their talent will inevitably, easily and quickly lead them to success, then end up giving up when faced with their first obstacle. Okay, maybe not the first one, the second one. It is crucial to realize that running a business is a serious and full-time job.

Career

Talent and passion are great to get started but will never be sufficient to help you climb the arduous mountain of success. You need to constantly be on top of your game, constantly upgrade your business and perfect your craft, constantly find ways to surprise your clients and keep them satisfied and most importantly, constantly keep your spirit uplifted even when your efforts seem to be vain, because you *will* feel hopeless and helpless at times. Entrepreneurship actually requires to work twice as hard as one would if they were to be employed in someone else's company and the stress level is as high because while the monthly pay-check is assured as an employee, it is not as a novice entrepreneur; the startup might take months, or years to be profitable. Entrepreneurship takes hard work, commitment and resilience.

Entrepreneurship means you alone, at the beginning anyway, do the job of at least seven people: product development, community management, customer relationship management, web designing, other marketing tasks as well as sales and financial ones.

Being a successful entrepreneur requires you to have a deep rooted, unwavering hunger for seeing your vision come to life and not ever giving up until your efforts prove fruitful, whether it takes a month, a year, or more.

There is nothing more exciting than the creative process of bringing one's vision to life, nothing more gratifying than seeing the results of months or years of efforts pay off

even in the smallest ways: one more follower on the company's social media channels, one more purchase, getting a positive comment from a stranger claiming your product helped them; there is no greater life lesson than the ones learned from getting out of one's comfort zone to become who they've always wanted to be and build the life of their dreams. In philosopher Goethe's words: "Until one is committed, there is hesitancy, the chance to draw back — concerning all acts of initiative (and creation), there is one elementary truth that ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now."

How to get started?

Think about how you could use your talent to fill a gap in the market. And if you feel like companies already exists in that field, don't be discouraged: people might choose your products over someone else's simply because they like your personality and your know-how better. Easier said than done but keep in mind that nothing great was ever achieved in a rush or easily. Don't be discouraged.

One important rule that never fails: let your instinct be the compass for your entrepreneurial endeavors. Never go against it, you might regret it.



Understand The Syrian Conflict In 5 Minutes

The civil war has been devastating Syria for the past five years, in fluctuating periods of intense media coverage and times where

it felt like the whole world had given up on the country's case.

Towards the end 2016, photos of dead children in the streets of Aleppo made the headlines, thus urging international political leaders to send humanitarian help to save them from the bombings.

Although ceasefire has been declared and peace negotiations have been undertaken, the situation remains fragile and shelling continues to destroy the country.

Let's try to further understand this war, its protagonists and the issues at stake, as they are intrinsically linked to a complex geopolitical conflict involving multiple parties.

THE ROOTS OF THE CONFLICT

It all started in March 2011 with a peaceful protest for more democracy, in the city of Deraa, Syria. The demonstrations expanded to the rest of the country and were repressed by Syrian President, Bashar Al Assad.

The violent repressions led to the creation of the Free Syrian Army, a rally of protestors and deserters of the country's main army. Today, the opposition is fragmented into 50 movements and is weakened by the regime's attacks.

The breach opened by the civil war has allowed terrorist groups ISIS, Fatah Al Cham and other jihadists to dive into the conflict.

The extension of this war is also due to a series of tightly interlocked factors : first, America and Europe underestimated Bashar Al Assad's resistance will. Second, the world did not take into account Iran's determination to maintain Bashar Al Assad's regime. Third, the U.S.A. lost its credibility after President Obama decided not to bomb Syria following Assad's breach of the "red line" drawn by the U.S. over the use of chemical weapons, which enabled Russia to dive into the conflict by negotiating the dismantling of Bashar Al Assad's chemical weapons.

Militarily, Russia is committed to helping the struggling Syrian army with air strikes. And finally, there is a conflict between the Kurdish and Turkey that will be further explained below.

WHO ARE THE PROTAGONISTS

1 THE SYRIAN REGIME AND ITS ALLIES

- The **Syrian army**
- Fighters who came from Lebanon (**Hezbollah**), Iran, Iraq or Afghanistan.
- **Russia**, whose motives are political, diplomatic and business-related. 40 years ago, Russia and Syria built a strong relationship sealed with a "friendship and cooperation treaty" that was signed in 1980, establishing special strategic links between the countries. Vladimir Poutine is perpetuating Russian diplomacy by supporting Bashar Al Assad.

On the other hand, one of the first Russian oil producers has investments in Syria, a country rich in gas. Additionally, Moscow, who only exports arms and raw materials, finds outlets in the Syrian market.

But most importantly, Russia's main motive for supporting Bashar Al Assad, is the fear that his fall would lead to an extension of the pan Islamic front, which is supported by Turkey, Qatar and Saudi Arabia; to the entire base of Caucasia, to the oriental borders of the Community of the independent States, before reaching central Asia. So for Russia, the fall of Bashar Al Assad would mean instability and terrorism on Russian soil.

Society

- **Iran:** On one side, Iran's support to Bashar Al Assad is motivated by the fear that the U.S.A., who support the rebels, might take advantage of the Syrian conflict to weaken the Islamic Republic of Iran.

On the other side, Iran, who supports Christians over Muslims and Sunnis over Shias, fears the emergence of a radical Sunni power in Syria that is supported Iran's rival Saudi Arabia.

2 THE REBELS, WHO FIGHT TO ESTABLISH A MORE DEMOCRATIC GOVERNMENT

At the beginning of the conflict, the rebels comprised deserters from the Syrian army as well as civilians. Together they formed a coalition named the Free Syrian Army that gradually vanished, giving way to a myriad of factions, in majority inspired by the Islamist movement.

3 DIFFERENT ISLAMIST GROUPS, WHO WANT TO TAKE THE POWER WITHOUT SEEING EYE TO EYE:

ISIS is the most organized, the most brutal, the richest and the most dangerous Islamist group because of the atrocities it has perpetrated. Since its intervention in 2013, ISIS has conquered vast parts of the Syrian territory. It fights the regime, Al-Nosra, the rebels and the Kurdish.

AL-NOSRA is the most important jihadist group in Syria after ISIS. It distinguishes itself from the rebels with its aspiration to create an Islamic Emirate.

4 THE KURDISH

Having been repressed for decades, the Kurdish and their main armed militia YPG, took advantage of the retreat of the Syrian army from their region to establish a local administration going from the Northern West to the Northern East of the country. They are helped by the international coalition in their fight against ISIS. They have taken advantage of the rebels' defeat to seize localities in Aleppo, near the Turkish border. They control three quarter of the border between Syria and Turkey.

5 INTERNATIONAL COALITION

- **The U.S.:** Are against ISIS and support certain Syrian rebels, enemies to the regime, but the U.S. refuses further involvement in Syria.

- **Russia:** Bombs Syrian rebels and ISIS.

- **Saudi Arabia:** Supports rebel groups and is against Iran, who is an ally to Syria. The rivalry between Iran and Saudi Arabia started 30 years ago and is both politic and religious: Saudi Arabia is self-proclaimed as the leader of the Sunnis in the Middle East, while Iran nurtured hopes to export the Shia Islamic revolution to the rest of the Muslim world. With Iran being an Ally to Bashar Al Assad's regime, Saudi Arabia supports the rebels in their fight against the Syrian President.

- **Turkey:** Bombs ISIS and the Kurdish, to prevent at all costs the latter from creating an independent State on the border of Turkey, which would prevent direct passing from Turkey to Syria.

Society

IS THIS WAR EVER GOING TO END

As of January 2017, shelling continues in areas controlled by rebels, in spite of the ceasefire.

According to experts, the conflicts arising in the Middle East stem from a struggle between two antagonistic blocs: On one hand, **the ancient regimes**, represented by countries' political institutions which are patrimonial, implying that state leadership is passed on from father to son and ruling families possess the country: they are ready to fight to their last soldier to perpetuate their reign. On the other hand, **the Islamist**

fundamentalists, a branch that includes the whole range of political Islam, from organizations such as the Muslim Brotherhood, to the different armed jihadist groups. The Islamists are opposed to the regimes in power, with whom they share the same aversion towards the aspirations for more democracy expressed by millions during the Arab uprisings. Experts claim that without radical social change, the Middle East will never stabilize, stressing that only strong progressive leadership that stands at equal distances from the state and the Islamists could bring about that change.



Culture



Culture

The Story Behind Mona Lisa, One Of The Most Popular Paintings Of All Times

Leonardo Da Vinci painted Mona Lisa between 1503 and 1519, when the artist was living in Florence, Italy; the painting now hangs in the Louvres, in Paris.

The identity of the portrait's sitter has been the subject of much speculation. The interpretation that has been generally accepted is that she is Lisa Gherardini, wife of a wealthy silk merchant named Francesco di Bartolomeo del Giocondo, hence the alternate title to the painting, La Gioconda.

Francesco asked Da Vinci to paint a portrait of his wife smiling to capture the couple basking in the bliss of their newborn son

which had come to appease the mourning of one of the passing three years previously, of one of their daughters.

Francesco del Giocondo did not accept the portrait, arguing the smile was incorrect, and the background painted by Da Vinci was not conform to their time.

Leonardo took the work to France, where it was exposed by King François I until 1650, then Napoleon gave it to the Louvres in 1805. The portrait was stolen by an Italian glazier in 1911, the work was found then exposed in the U.S. in 1963 and in Japan in 1974, before being returned to the Louvres in Paris.



The Louvres Museum, Paris, where Mona Lisa is exposed. .

Creativity

Step Up Your Instagram Game Take Flawless Pictures With These 2 Photography Techniques



With its ability to turn just about any photo into a work of art, Instagram filters and editing tools has us all thinking we're professional photographers. However, there are a few other photography techniques that you could use to upgrade your photos, whether your are using a reflex camera, or your phone.

Creativity



The Rule of Odds states that photographing an odd number of subjects is more visually appealing. When an even number of subjects is photographed, the brain automatically organizes the subjects into pairs, therefore

1.

The Rule Of Odds

bringing symmetry and dullness to the photo because our eyes do not linger on the picture. With an odd number, the brain needs to find the center, so the eyes linger longer on the photo.



The rule of thirds consists in breaking an image down into thirds, both horizontally and vertically, so that you have 9 parts. See the picture above.

2.

The Rule Of Thirds

Now position your subject either on the intersection of the lines or on the lines themselves. Don't place your subject on the center of your photo!

Bring It On, 2017!



As cliché as it is, the new year is always a great time to set new and realistic goals for the year ahead... and try to commit to them. Unfortunately, what often ends up happening is that people lose sight of their resolutions when Life gets in the way and go back to the very habits they wanted to change. This year, we will help you stay on top of your game and keep up with your resolutions *all year round*.

At *Ze Square*, we firmly believe in the Law of Attraction, which means that we attract in our lives whatever we put our attention on; be it good or bad situations, people, things, or experiences. If you have read *The Alchemist* by Paulo Coelho, you'll probably remember the author writing:

“When you want something all the Universe conspires in helping you to achieve it .”

To avoid allowing Life's intricacies to get in the way of reaching your New Year's resolutions, there is a useful tip that helps maintain focus: the vision board. It works wonders and even Oprah Winfrey uses it to visualize her goals and harness intentions. A vision board is a tool used to help identify, and focus attention on specific life goals. Typically, it consists in any type of board on which you stick images or words that embody anything you want to accomplish, become, or acquire.

Bring It On, 2017!

You should place the vision board in a space where you see it often, so that you can do short visualization exercises everyday, even subconsciously.

Visualization is one of the most important mind exercises because thoughts hold immeasurable power. The best-selling book *The Secret* put it simply:

“Your life right now is a reflection of your past thoughts. That includes all the great things, and all the things you consider not so great. Since you attract to you what you think about most, it is easy to see what your dominant thoughts have been on every subject of your life, because that is what you have experienced. Until now!”

Countless authors have written about the power of thoughts and they all came to the conclusion that one becomes and attracts what they think about most. The law of attraction works as follows: **“Ask, Believe, Receive.”** Don’t underestimate the believing part because it is the most important aspect of it all.

If you ask for something you don’t think you can obtain, you’ll never get it.

As Henry Ford said “Whenever you think you can or think you can’t, either way, you are right.” As you think about your aspirations, and create the board, you have to visualize yourself in great details owning the objects of desire. Feel the immense the joy you would feel if your vision came to life.

Now that you know how and why a vision board is essential to have that tunnel vision that will help you meet your goals, here is how to do it:

Choose a stress free day, collect magazines to cut images or quotes from, photos, scissors, tape, pins, and/or a glue-stick and put your board together. Below are a few examples of what vision boards look like. There is no rule or limit to what you should include in it. Pick images or words that represents what you want to accomplish and they will have an emotional impact on your soul every time you will look at them and put them on the boards.

Bring it on, 2017, we’re ready for you!



Final Notes

SIGN UP TO OUR NEWSLETTER

Join 7,500 readers like you and get the latest fashion & beauty trends, exclusive motivational & entrepreneurial tips, essential career-oriented advice, special deals, discounts and more, emailed to you each week. To sign up, it's easy, head to <http://zesquare.com> and look for Newsletter Signup, under the « FOLLOW US » section.

LET'S STAY CONNECTED

Follow us on our social media channels:



@zesquare



zesquaremagazine



twitter.com/ZeSquareMag

SUBMIT YOUR STORY

Do you have a personal success story that you think will inspire and uplift other women? We want to read it! Write to us at contact@zesquare.com

STREET STYLE CONTEST

Click the fashion section of our website for more info. You may be featured in the magazine and on the website next month!

ASK ANYTHING

Is there a particular question on any of the topics we have discussed in this issue that you would like to ask? Or maybe you would like us to cover a topic you would want to know more about. Write to us at contact@zesquare.com, we want to hear from you!

Final Notes



The **next issue** of Ze Square Magazine will be available on **February, 17** on <http://zesquare.com>



Sign up to our Newsletter to receive an email every month as a new issue comes out!

ZE SQUARE