

An Often Familiar Story

By Rare Diamond

Toxic Relationships
Albert Einstein said: 'You cannot solve a problem from the same consciousness that created it, you must learn to see the world.'

I know this to be true since I carried pain and a life of despair into my adulthood. I was wounded and lacked direction due to the poor relationships that were predominantly caused by negligence, deprivation of meaningful guidance, huge imbalance in encouragement and neglectful teachers. These factors hindered my personal development and contributed towards my downfall of maintaining productive relationships and as a result caused my self-confidence to plummet and me, to become a lost soul.

Change
I decided to embark on a five-year journey of zealous training and work experience and my new insight gave me a new vision, a new desire and a new goal. I so wanted to share this information I had acquired with others, those whose experiences were similar to mine since I had already been there. I found that by repeating the experiences of my failed relationships, made me fully aware of the damage they had caused my emotional well-being.

Training
I also embarked on a training path where I completed my coaching, mediation and mentoring accreditation and this furnished me with priceless experience and insight. Simultaneously, I accessed training that I considered to be coherent with personal development and management skills - Women in Management - and this assisted me in starting a personal development and relationship consulting service for people with mental health, drug and alcohol issues, learning disabilities and special needs. I also studied co-parenting teenage pregnancy, domestic violence and domestic abuse. In pursuing this, I gained confidence which helped me manage my dyslexia and the combination of those learning experiences and the information attained became invaluable in my line of work.

What will the Listening Corner provide?
• A platform for readers to access personal development information;
• Practical advice to tackle common issues and concerns;
• Assisting individuals to learn and utilise the art of effective communication skills;
• Links for sharing additional support, insight and encouragement for those who are facing challenges;
• Respect of people's privacy and shared experiences.
Readers will be given methods that will aim to assist individuals in embracing essential life skills, enhance their self-confidence and enable them to maintain productive relationships. I look forward to us travelling together arriving at our own personal destinations.

Rare Diamond is a published author, counsellor and qualified personal development coach. Write to: lc@4u2newsmag.com, www@through-knowledge-gain-power.com, www.sexualreminiscences.com Facebook: rarediamondno1.xrem

Wear it Well

Recycle • Repair • Repurpose
It's worth investing an afternoon having fun smooching around charity shops searching for quality bargains and bulk buying items that could be re-used or re-purposed for a tiny fee.

Local high streets remain alive and vibrant due to charity thrift and discount stores supporting important causes. These stores would not survive without the help of volunteers and we at 4U2 salute the dedicated staff.

To see the revival of simple items such as waist jackets stripped school and club tie, bracelets, cufflinks, novelty coin purses, wicker/straw baskets, pencil cases, decorative brooches and all sizes, shapes and textures of multi-coloured scarves is heartening and uplifting.

The average household owns £4,000, worth of clothing and other textiles such as cushions and sofa throws.

Alarming 30% of these items have not been worn or used for over a year. If clothes and textiles stay in active use for an additional nine months, this would extend each items life usage to around three years, thereby avoiding and reducing the amount of landfill.

We engage our communities, to educate and encourage people regarding the huge benefits of sustainable living, using re-cycled items to live life conscientiously, and lets' not forget the warm and fuzzy feeling you experience when you know you have taken action that helps your local community and planet earth.

As a qualified and experienced fashion stylist, living in London, I'm passionate about all things fashion and work with local communities, running workshops and offering individual one-to-one styling consultations. I'm also a fervent supporter of green fashion projects and global fashion styles and developments.

www.stylecare4u.com • sta@stylecare4u.com • @astyles • 44 7738962898

Styled by Stylecare 4U as examples of perfectly good clothing that can be sourced from local charity shops and markets, friends and family.



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A quick pick me up for your skin

By Dianna

Every now and then it feels great to enjoy the experience of the "whoa" feeling that exfoliating and nourishing the skin on your face and neck deliciously delivers. By the way "every now and then" means approximately every 28 days. Read on to find out how to make good use of everyday items found in most kitchens.



YOU WILL NEED:

- A headscarf
- A cleanser
- A soft hand towel
- 2 Cotton wool discs
- A blender or fork
- An apple (apples contain AHA's, which breakdown protein, i.e., dead skin cells)
- A banana (a wonderful moisturiser) and 10 minutes to relax and enjoy the face mask you will be applying to your skin.

PREPARATION

Peel and remove the stalk of two apples, whizz them in your blender for 1 minute or until, mushy, decant into a small bowl, cover and leave to one side. Peel a ripe banana and mash with a fork or whizz in your blender. Decant into a small bowl, cover and set aside.

METHOD

- Wrap your hair with your headscarf.
- Wash your hands with an antibacterial soap and then dry your hands.
- Cleanse your skin using your normal cleanser and pat your skin dry using a soft towel.
- Scoop out a handful of apple and apply to your face and neck. Work over the face using small light circular movements for 3 minutes.
- Rinse your face in tepid water and pat your skin dry.
- Apply a handful of mashed banana to your face and neck and relax for 10minutes.
- Remove the smashed banana and rinse your face and neck in cool water. Pat dry using a soft towel and moisture the skin, using your favourite, moisturising lotion.
- Your skin will now feel softer.
- Repeat in 28 days' time.



Dianna is a beauty therapist, nail technician, make-up artist, nutrition and weight management advisor and lecturers at The College of Haringey, Enfield and North East London.

Models required.
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