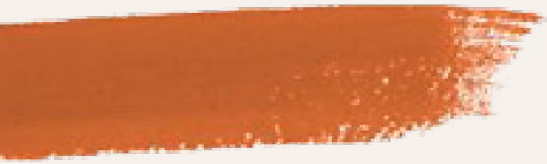


# APPENDICE

Au delà des normes

Natacha Paschal



# Mise en bouche



Notre peur la plus profonde...

n'est pas que nous ne soyons pas à la hauteur,

Notre peur la plus profonde est que nous sommes puissants au-delà de toutes limites.

C'est notre propre lumière et non notre obscurité qui nous effraie le plus.

Nous nous posons la question...

Qui suis-je, moi, pour être brillant,  
radieux, talentueux et merveilleux ?

En fait, qui êtes-vous pour ne pas l'être ?  
Vous êtes un enfant du divin.

Vous restreindre, vivre petit,  
ne rend pas service au monde.

L'illumination n'est pas de vous rétrécir  
pour éviter d'insécuriser les autres.

Nous sommes tous appelés à briller, comme les enfants le font.

Nous sommes nés pour rendre manifeste  
la gloire du divin qui est en nous.

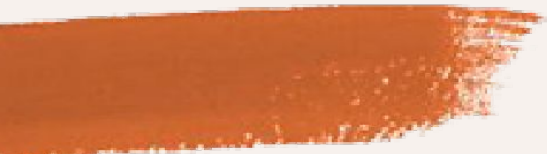
Elle ne se trouve pas seulement chez quelques élus,  
elle est en chacun de nous,

Et, au fur et à mesure que nous laissons briller notre propre lumière,  
nous donnons inconsciemment aux autres  
la permission de faire de même.

En nous libérant de notre propre peur,  
notre puissance libère automatiquement les autres."

Marianne Williamson

Ted Talk “Accordez vous un peu de créativité”  
par l'acteur Ethan Hawke



# Inspirations



# COSMOPOLITAN

EMMA  
ROBERTS

NEW  
YEAR,

new  
every-  
thing\*

\* CAN WE HAVE  
NEW EVERYTHING  
TOO, PLS?

YOUR ENTIRE FEED  
IS ABOUT TO  
COPY THE  
HAIR  
ON PAGE 46

bb's first  
cover shoot

HERE'S  
WHEN  
STUFF  
WILL  
GO

back  
to  
normal-  
ish!!!

ACCORDING  
TO  
ASTROLOGY

AKA THE SOURCE WE CAN TRUST

COSMO'S

it  
gifts  
of  
2020

JUST A  
CASUAL  
100 PRESENTS  
YOUR PEOPLE  
ACTUALLY  
WANT

NEVER  
THOUGHT  
WE'D PRINT  
THIS  
BUT:

dating  
lessons

from  
pandemics  
past

THE  
14<sup>TH</sup> CENTURY  
CALLED AND IT  
WANTS ITS SEX  
SPREE BACK

# VOGUE

APR

FASHION'S  
NEW  
WAVE

**PLUS:**  
THE SEASON'S  
ESSENTIAL  
ACCESSORY:  
A ROBOT

**HEAVENLY BODIES**  
HOW TO TRAIN  
LIKE AN OLYMPIAN

**BORN TO RUN**  
THE FASTEST  
FAMILY ON EARTH

**THE FIRM**  
A CELLULITE  
BREAKTHROUGH?

It's Rihanna's  
World

FROM MUSICIAN TO  
MOVIE STAR TO MOGUL, IS THERE  
ANYTHING SHE CAN'T DO?

**Our Big Holiday Style Issue!**

# GLAMOUR

**100**

**Party Hair  
& Makeup  
Ideas**

Plus

**Hot Dresses  
for Your Exact  
Shape**

**The  
Most  
Incredible  
Stories  
of 2012**

Meet Your  
Women of the Year,  
Icons at Every Age

**Congrats,  
Selena!**

Bonus Covers

**75**

**Excellent Gifts  
(Starting  
at \$10!)**

**Guys and  
Commitment**

What Men Really  
Think About Getting  
Married Now

**No-Stress  
December**

How to Stay  
Sane and Not  
Gain a Pound



# L'Espresso

Malgosia  
*formes  
olympiques*

#4

ÉCONOMIE  
FAUT-IL COUCHER  
AVEC SA  
BANQUIÈRE ?

FASHION WEEK  
OÙ SORTIR  
POUR BRANCHER  
DES BOMBES

INTERVIEW POLITIQUE  
MON BEAU  
(MICHEL) SAPIN

LA DÉFONCE DU  
CONSUMMATEUR

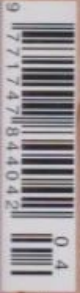
SPÉCIAL  
SPORTS  
D'HIVER

# WONDERLAND

SUMMER - 2013

I@ES%#  
LET IT RIP

—  
THE  
OUTSPOKEN  
ISSUE

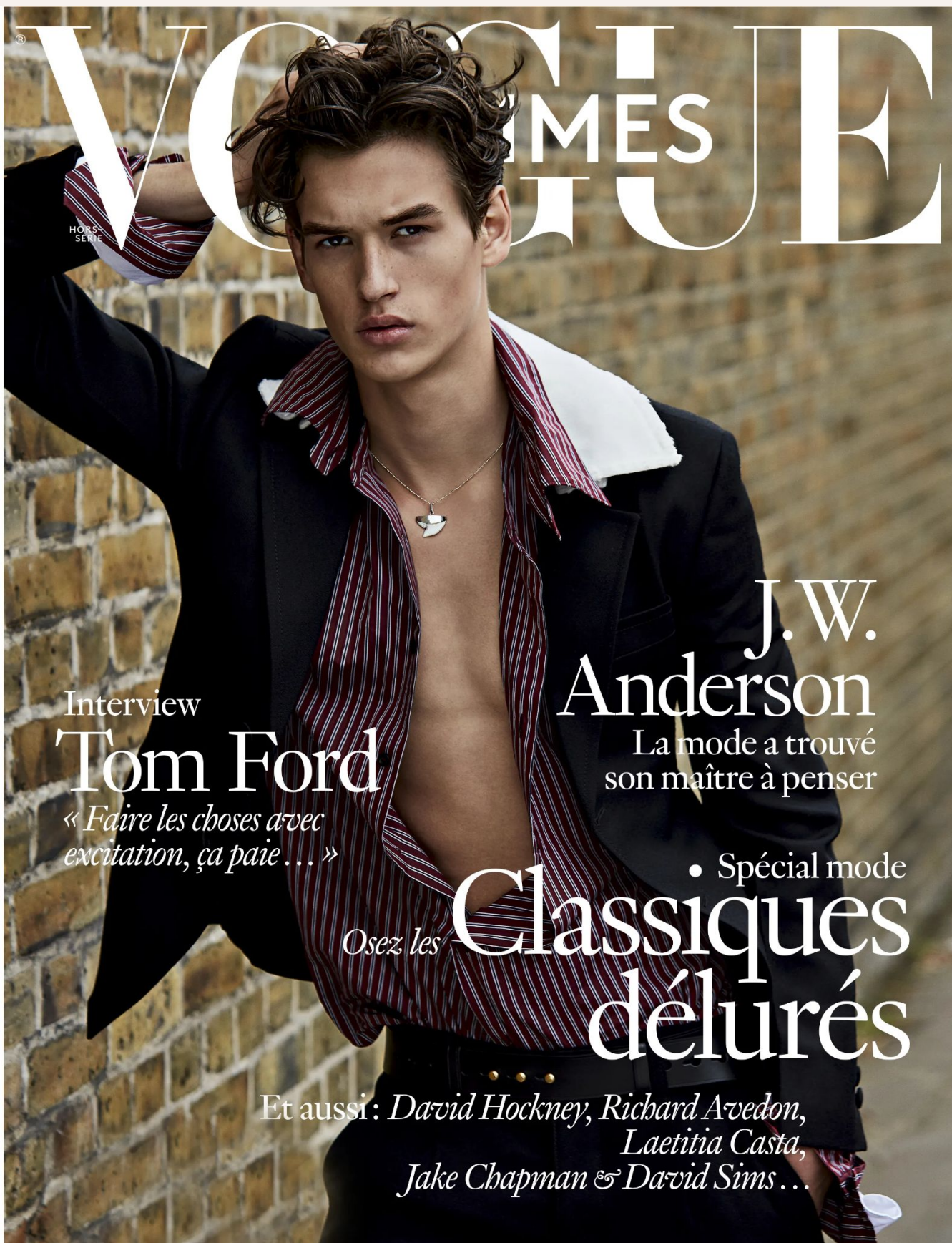


Taylor wears jacket by DIOR

HUNG  
UP  
ON

# TAYLOR SWIFT

Plus HARMONY KORINE — LOU DOILLON — BIG SEAN — GITA — KURT VILE — JOJO  
NEW BRITS ON SCREEN — RENEGADE POP — XXL FASHION SPECIAL



HORS  
SÉRIE

Interview

Tom Ford

« Faire les choses avec  
excitation, ça paie... »

J.W.  
Anderson

La mode a trouvé  
son maître à penser

Osez les

• Spécial mode  
Classiques  
délurés

Et aussi: *David Hockney, Richard Avedon,  
Laetitia Casta,  
Jake Chapman & David Sims...*

# COSMOPOLITAN

A woman with voluminous blonde hair, wearing a red spaghetti-strap dress, large diamond earrings, and a matching bracelet. She is looking directly at the camera with a slight smile. The background is a solid red color.

December 1978 • \$1.50

Born Again?  
Don't Scoff. It Works!  
Surprising  
Testimony From  
Those Who  
Have Had the  
Experience

The Way You  
Feel About Money  
Reveals Your  
Hang-ups

For Christmas:  
• Gifts You'll  
  Both Love  
• Setting the  
  Scene for  
  Holiday Romance  
• Giving the Best  
  Party Without a  
  Nervous Collapse

Thinking of Marriage?  
What You Can  
and Can't Expect  
Read It Before You  
Leap—or Leave

Sex Therapists  
  Answer  
24 Questions  
  Crucial to  
Your Love Life

Proxmire,  
the Senator Who  
  Is Almost  
  a Superman

"I Died — and  
  Came Back"  
A Riveting Account  
of a Young Girl  
Who "Left Her Body"  
and Will Never  
Fear Death Again

How to Fall  
Out of Love

Sixth Sense,  
Ramona Stewart's  
Terrific Thriller—  
Perfect for a Winter  
Night's Curl-up.  
Plus 2 Short Stories

# COSMOPOLITAN

December 1981 • 60p

Work, sex and stress—get the balance right

Could you wear a fur if you knew the original owner died in it?

Faye Dunaway is back fighting, with a new love and a new role

Erin Pizzey on those infernal triangles

Male jokes? Don't make me laugh, says Sally Vincent

A Story for Christmas  
Fay Weldon's cynical intrigues of one man's search for the perfect wife, and other illusions

Paula Yates goes shopping for sex aids and she's still giggling

What do you want for Christmas? Meet one man who doesn't want a baby!

Give in to your emotions  
It's good for both of you, says Tom Crabtree

Get fit for festivities!  
Increase your energy  
Send for our  
Shape Tape '82