



real M

SUMMER 2025

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real M

This Summer





Under the Tuscan Sun

Romantic, inspiring and full of light. A story of new beginnings, self-love and courage. Ideal for those afternoons when you just want to daydream.



Hidden Figures

Because watching women rise against the odds is exactly the energy we need in our DNA.



ABBA, sun, sparkle, and spontaneous dancing — need we say more?



BOOKS TO READ

This Summer



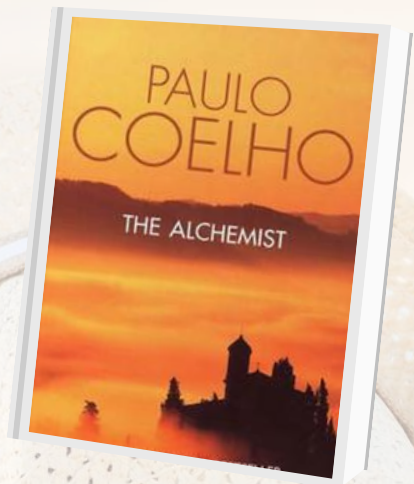


We Can Do Hard Things

Glennon Doyle
Abby Wambach
Amanda Doyle

We Can Do Hard Things by Glennon Doyle — a powerful collection of reflections that answers 20 of life's most important questions with raw honesty, humour, and the kind of wisdom that only comes from living out loud. It's a reminder that vulnerability is strength, and that women can handle far more than they think.

The Alchemist by Paulo Coelho is a timeless tale about listening to your heart and following your dreams.



PAULO COELHO

THE ALCHEMIST



ONE OF THE BESTSELLERS

SUSAN CAIN

Oprah's Book Club

AUTHOR OF THE SILENT TAKEAWAY
Quiet

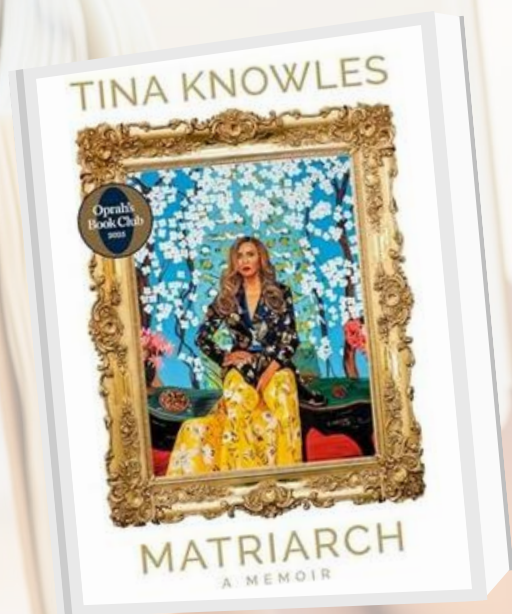
Bittersweet

HOW SORROW
and LONGING
MAKE US WHOLE

Bittersweet

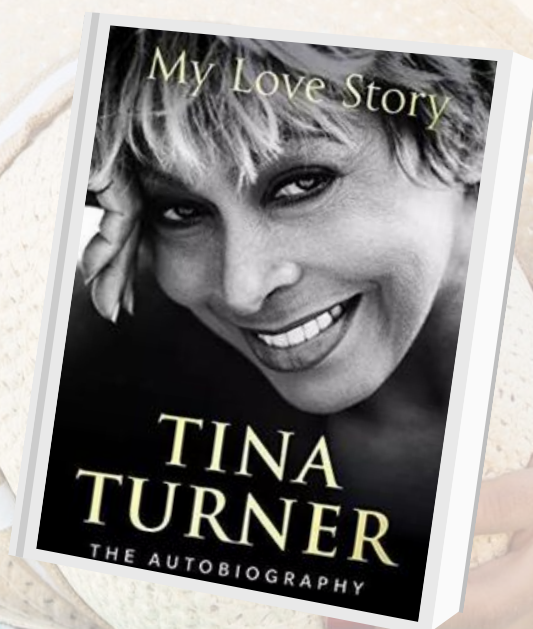
HOW SORROW
and LONGING
MAKE US WHOLE

Bittersweet by Susan Cain invites us to see beauty in the quiet, tender, and sometimes painful moments that make us human.



Matriarch by Tina Knowles is a beautiful memoir that explores motherhood, legacy, and leadership. Beyoncé's mother shares the journey behind raising strong daughters and building her own empire, all while holding onto her sense of self. It's both moving and deeply relatable for any woman carving her own path.

My Love Story by Tina Turner is an unforgettable memoir about survival, resilience, and reinvention. From personal heartbreak to global fame, Tina's story is pure fire and inspiration. These three books together offer a summer of soul-nourishing reads—because sometimes, the most powerful thing we can do is turn the page.





HEALTHY SUMMER

This Summer



Feel Better, One Bite at a Time

Summer isn't just about slowing down — it's about tuning in. With longer days and warmer weather, it's the ideal moment to refocus on your well-being. And it all begins at the table. What you eat can energize, refresh, and restore you from the inside out.

Start with seasonal, hydrating foods that your body will thank you for. Think watermelon, cucumbers, peaches, tomatoes, and berries — bursting with antioxidants and flavour. Salads with grilled chicken or tofu, chilled soups, veggie wraps, or smoothie bowls make quick, feel-good meals. Summer eating should be light, colourful, and delicious.

Stay hydrated — it's non-negotiable. Aim for at least 8 glasses of water a day, and spice things up by adding lemon slices, cucumber, or fresh mint. Skip the heavy or processed snacks and opt for fresh nuts, hummus with veggies, or Greek yogurt with fruit. Small changes go a long way.

SumBut wellness isn't just what's on your plate — it's also how you move your body. You don't need a gym to feel strong and grounded. Walks at sunrise or sunset, gentle swims, bike rides, or even stretching in the backyard can make all the difference. Pick movement that feels joyful, not punishing.

Want to stay consistent? Keep it simple: 20–30 minutes of light activity 4 to 5 days a week is a great place to start. It's not about burning out — it's about building balance. The goal is to feel good, clear your mind, and boost those summer endorphins.

This season, nourish yourself like someone you love. Healthy doesn't mean complicated — it means intentional. So eat well, move often, rest deeply, and honour what your body is asking for. You deserve to feel your best.



ZEN SUMMER

This Summer



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This summer, let's talk about something radical: putting your phone down. Just for a little while. You don't need to book a retreat or rearrange your life to feel centred—you only need a few minutes and a willingness to unplug. Your mind, body, and soul will thank you.

Here are six easy, no-phone exercises to help you reset your nervous system and reconnect with yourself:

1. **Nature Walks** – No tracking steps, no podcasts. Just listen to your breath, birdsong, and your own thoughts.
2. **Stretch + Breathe** – Five minutes of slow, mindful stretching paired with deep inhales and exhales can melt away tension.
3. **Cloud Watching or Stargazing** – Lie down, look up, and let your imagination run wild. Simple, calming, and surprisingly joyful.
4. **Journaling** – Grab a pen and write what's on your mind. No rules, no grammar checks—just release.
5. **Tea Time Silence** – Brew your favourite tea and drink it in complete silence, noticing every flavour and sensation.
6. **Gratitude Walk** – As you move, name things you're grateful for out loud or silently. Bonus: it boosts your mood instantly.

Get Your Zen Summer

6 No-Phone Exercises to Reclaim Your Calm—Anywhere, Anytime

5 Helpful Tips to Ease Into Autumn

None of these take more than 15 minutes, and all can be done solo, without gear, screens, or pressure. Whether you're 25 or 65, these tiny resets can bring big shifts. It's not about doing more—it's about doing less with more intention.

So this season, choose calm on purpose. Let your Zen moments be the anchor in your summer rhythm—where your inner peace leads the way.



WORDS HAVE POWER

This Summer



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Words are more than just tools for communication — they shape how we see ourselves, how we relate to others, and how we move through the world. For women navigating careers, relationships, motherhood, entrepreneurship, or personal growth, the words we speak and hear carry weight. They can heal, uplift, inspire... or they can wound, limit, and silence.

Think about the words you use when you speak to yourself. Are they kind, encouraging, and supportive? Or are they filled with pressure, doubt, and criticism? Shifting your inner dialogue can transform your confidence, mindset, and choices. Likewise, the way we speak to others — especially other women — can either foster sisterhood and solidarity or contribute to comparison and competition.

Whether you're giving feedback at work, comforting a friend, or posting online — your words matter. And when used with intention, they become a superpower. Your voice is unique, your story is valid, and your presence has the potential to impact those around you in ways you may never even see.

Here are 6 tips to help you honour the power of your words:

- Pause before you speak — especially when you're upset. Respond, don't react.
- Speak to yourself like you would to your best friend.
- Avoid gossip — if it's not helpful, kind, or necessary, skip it.
- Use words that build bridges, not walls.
- Replace "I should" with "I choose" — and feel the shift in power.
- Tell other women what you admire about them. Often.

Remember: what you say becomes what you believe.

Choose your words with love and courage.



PREPARE FOR AUTUMN

This Summer

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Summer often brings lightness — longer days, warmer weather, more movement and social connection. But for many women, there's a quiet truth that creeps in as the season fades: the Autumn blues.

The transition from summer to fall can bring emotional dips, fatigue, and a sense of loss of control. Whether it's the return to routines, shorter days, or post-vacation letdowns, it's real — and you're not alone.

That's why summer is the perfect time to prepare, not just for your schedule or your closet, but for your emotional well-being. A little intention now can help you greet autumn with more clarity, calm, and confidence. This isn't about perfection — it's about having your own back when the season shifts.

Let this be your gentle reminder: your emotional rhythm matters. You deserve to feel balanced, supported, and grounded — no matter what the calendar says. So before you rush into September, take a breath. Make space for reflection. And try these five helpful habits that can stay with you when the leaves begin to fall.

5 Helpful Tips to Ease Into Autumn

- Create a soft September plan — no pressure, just intentions. Think morning rituals, realistic goals, and rest.
- Lighten your digital load — unsubscribe, unfollow, or unplug for a few hours each day.
- Move your body daily, even gently: walks, stretching, dancing, or swimming are powerful mood shifters.
- Stock your fridge with mood-friendly foods — think leafy greens, berries, nuts, and omega-3-rich meals.
- Journal what brings you joy — when autumn hits, you'll have a personal joy menu to fall back on.

This summer, give yourself the gift of emotional preparation.

Because when autumn comes, you'll already be anchored — by you.

SUMMER Add On

Tailored just for you!