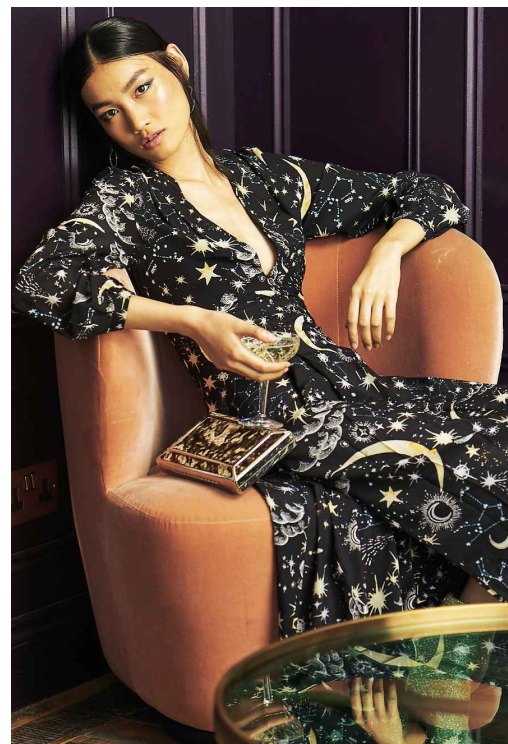




**EDITOR'S LETTER**  
Sue Peart

## 26.11.17 IN THIS ISSUE

Success coach Sharron Lowe is someone for whom the description 'once met, never forgotten' perfectly fits. *The Mind Makeover* author is a pocket dynamo, a fantastic force of positivity – spending time with her is like being given a shot of pure oxygen; she leaves you energised, inspired and ready to take on the world. Sharron started her career on the beauty counter at Debenhams in Sheffield, but after consistently smashing sales targets she was fast-tracked through the ranks until she found herself jetting around the world, coaching the staff of well-known luxury brands to reach their greatest potential. In life, as in business, Sharron believes we can achieve anything we want – the only thing that holds us back is that little voice in our head telling us we're not good enough. On **page 62**, she shares her 12-step guide to transforming Christmas from a burden to a breeze. She shows us how to replace exhaustion with childlike excitement and make this festive season one to remember for all the right reasons. Also helping take the panic out of preparations is the irrepressible Jamie Oliver, with 20 pages of mouthwatering Christmas recipes (**page 41**). Impress your friends and wow your family with showstopping dishes that look far more complicated than they are. A word of caution, though: if you're calorie counting it might be wise to look away now.



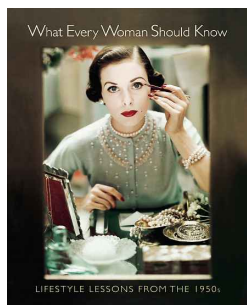
**PICK YOUR PERFECT PARTY DRESS PAGE 18**



**JAMIE OLIVER'S CHRISTMAS RECIPES PAGE 41**



**MEET THE INSTA MAN OF THE MOMENT PAGE 66**



### READ

*What Every Woman Should Know: Lifestyle Lessons from the 1950s.* Tongue-in-cheek tips from a bygone age. £12.99, you-bookshop.co.uk

### EDITOR'S PICKS



### CARRY

The season's handiest – and cutest – party clutch. It can be monogrammed for a personal touch. Electra bag, from £85, aurora-london.com



### WEAR

Sleek, chic and definitely one for the wish list: Monica Vinader 18-carat gold vermeil and amazonite Baja bracelet, £225, monicavinader.com

### ON THE COVER: NICOLE RICHIE



NICOLE RICHIE photographed by SMALLZ & RASKIND courtesy of URBAN DECAY

*The former wild child on why she's channelling her troublemaker past for a glamorous new cause* **Page 34**

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