

THE BEST THAT YOU CAN BE

KINKY SEX GAMES

These Naughty
Cards Will Blow
Your Mind
(and His)!

**The
Secrets
to Being a
More
Productive
Person**

11

COMMON
DREAMS AND
WHAT THEY
REALLY MEAN

*Don't
Tell*
**ATHIYA
SHETTY**
What to Do

**YOUR EX
CALLED**
(Should You
Give Him
Another
Chance?)

Summer Style

**Icy Blues!
'90s Style!
Sports Luxe!
Wow Earrings!**



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Editor's Letter

the bitter winter of November 1939, the mighty Russians—the world's largest military force—declared war on Finland. The Russians had over three times the soldiers and aircrafts, and 100 times the tanks. In short, the outnumbered Finns were toast.

And then, something unforeseen happened. The tiny Finnish force met the mighty Soviet invaders head-on, and battled them for over 100 days (instead of the expected few weeks). In the end, the Soviets suffered serious casualties and a peace treaty was signed.

So how did the disadvantaged Finns do it? With determination, courage, and resilience in the face of adversity. And that, boys and girls, is how Sisu was born.

Sisu refers to everyday courage. A fearless spirit, an inner force that doesn't give up when things get difficult. And it's a crucial life skill, especially when life deals some sharp blows—the loss of a loved one, getting sacked or dumped, failed dreams...

It's in those moments that you need to be brave, determined, focused, and unfazed. In those moments, you need to be Sisu.

But it's not just the Finnish who have this in-built attitude of inner strength. As author Joanna Nyland says in her book, *Sisu: The Finnish Art*

Of Courage, "You have Sisu," and, "It is within the reach of everyone. It lies within you."

And by consciously working on and evoking that inner strength, you can *train* to cope better with tough times. Some experts suggest building your 'coping' muscles by pushing more boundaries and tackling fears or inhibitions (BTW, Finnish peeps frequently swim in icy water for 'fun' and cycle to work in bad weather). It also helps to pay attention to how your mind works—if you're already stressed, a setback might push you over the edge. Similarly, if you're a 'negative thinker', you'll likely give up, where patience is needed. Finally, beef-up your will power by putting yourself through small 'tests' to prove to yourself how strong you are. Because, you know, you are.

Until next month,

Nandini Bhalla

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HOW SISU ARE YOU?

It's pronounced 'see-soo', a Finnish word without an exact translation in any language. And it will change your life.

But first, a little history lesson: in

4 THINGS I'M LOVING THIS MONTH



My summer wardrobe would be incomplete without these **TINT by Vrinda and Devina**, ₹3,900, ice cream motif sandals. Strawberry in a cone, please...



The gorgeous detailing on this floral and frog-print skirt by **Birdwalk**, ₹28,000, is the stuff of closet dreams.

A lil' birdie told me that these **Bansri earrings**, ₹1,900, would make for great conversation starters! Plus, the colour is just perfect for the season.



Icy blue is the shade du jour (turn to pg 42 to know more), and this blazer dress by **Scinora by Saga**, ₹11,000, looks effortlessly cool.

COSMOPOLITAN Fast Glam

HOT FASHION, HOT BEAUTY, IT'S ALL HERE



Brushed Teardrop Earrings, Accessorize, ₹1,300



Hammered earrings, Aldo, ₹650



Circular drop earrings, Aaysha Accessories, ₹499



Bobo Face Hook Earrings, Dhora, ₹3,500



Sonam Kapoor

PRO TIP: Flat earrings tend to have a 'raised' look. Which is why they look particularly good with slicked-back hair.



Drop earrings, Kazo, ₹590

METAL MANIA

Say hello to the only ear bling you need this SS18—flat, metal earrings. Beaten, bruised, or brushed, these babies are totally fabulous.



Split studs, Misho, ₹10,500



Long, beaten earrings, Valliyan by Nitya Arora, ₹5,500



JACQUEMUS

By: NEHMAKING; Fashion Editor: SHREYA WADHWANI

fast glam



Grilly-sleeved top, Plainin, ₹6,900



Blazer, Zara, ₹3,990



Gold-finish flower studs, Bansri, ₹1,800



Belt, Mango, ₹1,790



Metal Frame Aviator Shades, Charles and Keith, ₹6,999.

ICE, ICE BABY

These calming hues will give you all the chills you need this SS18. Opt for a head-to-toe blue or metallic silver to really get in on the trend.



Gigi Hadid



Kamryn Metallic Tote, Guess at amazon.in, ₹16,483



Shoulder bag, H&M, ₹999

Metallic lace-up trainers, New Look at koovs.com, ₹1,995



Leather bag, Michael Kors, ₹19,380



Two-toned pin-tucked denim dress, Aruni, ₹7,056

By: NEHULMUNG; Fashion Icons: TANYA SINGH

Ask Cosmo Anything

From random little issues to major life dramas, we've got your back.

Q. Why is telling a dude that he has a big penis, like, the best compliment he's ever heard?

A: Men basically know how average (or not) they are...and that bigger is typically thought of as better. A lifetime of dumb d*ck jokes, misinformation, and porn stars with giant penises are to blame. Plus, guys want you to be turned on, and they may not know what's too small (yikes!, too big (gasp!), or (mmm...) just right for you. So when you tell a guy he's packing, it feels good. You're saying, 'Don't worry, I can work with this.' And every guy likes the sound of that.

Q: I'm catching feelings for my FWB, and I'm not sure what to do about it. Do I tell him and risk ending everything we have?

A: That's like being an astronaut and wondering, should I tell my crewmate about that rocket-fuel leak? This isn't trivial. This is mission-critical. If you don't deal with this problem, it could blow up in your face. So, yes, tell him. It's worth the risk. Maybe he has feelings for you too. But even if it means the end of a fun fling, any decent guy would rather know the truth so you can end your journey safely instead of crashing and burning later on because he doesn't feel the same way.

Q: Should I be honest with a guy on the first date that I'm looking for a relationship?

A: Most men aren't in any rush to define the relationship before the entrée arrives—and many guys tend to think serious talks can wait until you know more than each other's first names. If relationship goals come up naturally that night, then you can feel free to be honest and share what



Sheer, as seen at Fendi, Helmut Lang, Simone Rocha, and Dhruv Kapoor

you're looking for. If not, we'd say it's best to let yourself be in the moment. Have fun, hang out, get to know the guy, and then consider if it's worth having that sort of conversation. Who knows? What he wants may change after meeting you...and the same can happen for you too.

Q: My man asked to borrow my phone the other day and saw that the last thing I searched for was lesbian porn. Oops! Think he's judging me for that?

A: Yes, we bet he is judging you...and if he's like most guys we know, he's rating your porn search a perfect 10. Your browser history has confirmed your healthy sex drive, indicated a little naughtiness, sparked the tantalizing (if unrealistic) fantasy of a threesome, and allowed him to stop worrying that you'll be disgusted to discover his own porn habit. If anything, your guy may be too overjoyed (hello, fantasies!). Of course, all this is assuming you two have an active and satisfying sex life. If not, there's a chance

he may take your interest in lesbian action a little more literally. Reassure him that you want him in your bed.

Q: How can I wear sheer (borderline transparent) clothing without showing a whole lotta skin?

A: The transparency trend is all over the runways RN, and it's not as out-there as it once used to be. The best way to do sheer is with something block-hued underneath; take a cue from Dhruv Kapoor...we love how he's layered a sheer slip over a sparkly midi dress. It's a great way to wear glitter/sequins without looking too OTT. Or, layer your transparent tulle (à la Simone Rocha). Sheer over sheer is the best way to get on-board with the trend while leaving just enough to the imagination. But if you're feeling particularly risqué, opt for a bralette and shorts—even trousers—under your sheer layer. Our tip: go for a patterned (think checkered or striped) veil on top, so it breaks up the monotony of the solid hues underneath. ■

ADVERTORIAL



**SUSHMITA GREWAL
(TRAVEL BLOGGER)**

From taking up a profession like blogging to pursuing her passion for travel, Sushmita's unapologetic and bold self is best complemented by the sophistication of tan leather, gracefully combined with the quirk of the contemporary double band.

ADVERTORIAL



RACHEL FERNANDES (STUDENT AND MODEL)

Breaking stereotypes, Rachel is just as great in scoring grades, as she is at posing for the camera. This multitasking achiever pulls off this timepiece, that has intricately carved 'Shankh' motifs which blend poise and quirk, with utmost élan.



Photographer: The House Of Pixels; Concept and Art Direction: Zunaili Malik; Styling: House Of Masaba; Hair and Make-Up: Claire Marrinan at Toabh Management; Text: Akshita Jolly



Knit tunic, ₹5,499,
and bralet, ₹999;
both H&M; bomber
jacket, Siddhartha
Tytler, ₹23,500;
ankle-length boots,
Marks & Spencer,
₹3,499

Model: Perrie at Anima Creative Management; Hair and Make-Up: Rosario Belmonte at Anima Creative Management; Fashion Assistant: Neikimling; Location Courtesy: India H.O.G. Rally 2018; Gear and Helmets Courtesy: Harley Davidson