

# bliss

Issue 1.1 | July 2023 Launch Edition

\$3.00

## cheek to chic

Minimalist makeup,  
sophisticated vibes, and  
understated elegance.

Minimum effort, maximum  
satisfaction

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## feel good essentials

Weekly comedy keeping you in  
anticipation and excitement  
throughout the daily grind

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## curated charm

Bite-size features including  
travel, food and fabulous  
mantras to live by

AMUSE BOUCHE  
MINI MAG

FOR THOSE WHO  
LOVE  
DIFFERENT.

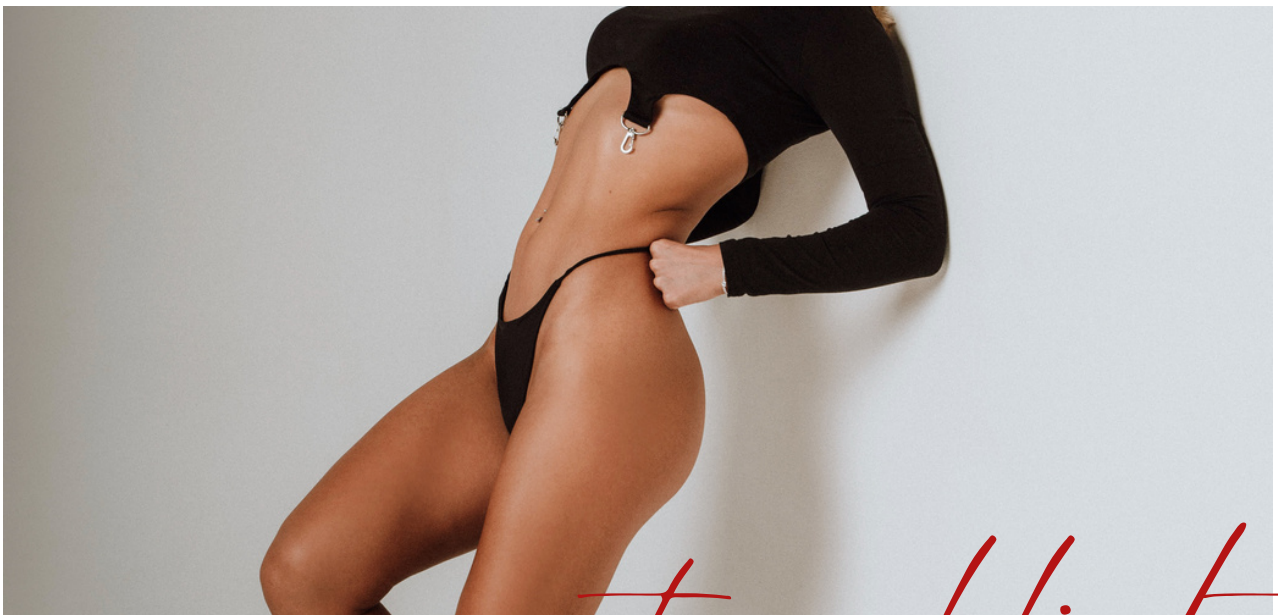
# FASHIO

N.

Sexy yet elegant, sultry yet understated,  
transparent yet discreet...



*sassy*



*travel light*

# BLISS

verb:

1. to show shyness in the face

noun:

1. a pink or pale red tinge
2. an 'amuse bouche' mini mag  
inspired by solo traveling and the  
sounds, the scents and the  
sophistication along the way...



Ciao, my little cutie pie, my name is **BLISS**, but you can call me B.

About me? Well, I'm an *amuse bouche* of fabulousity and come out once a week on date nights, but you can save me until the weekend if you desire. ;)

Think of me as your little macaroon to nibble when you are having coffee, (I'm better looking than your cellphone, and way less annoying). Think of me as your little piece of *fromage* with that well-deserved glass of wine, or two or three (oh, how I love a rebel). Think of me as your little *canape de caviar*, when are quaffing champagne in the hair salon (am way sexier than those odd little black eggs, and leave a lovely taste...just saying...!). ;)))

A little more about me? Well, am bite size, light as a feather and neat and tidy, not like those Vogue types who take up space, time and \$ LOL). Oops, pardon-i Anna for that little slip of jel! Hobbies? Love to cook and do quick and easy recipes that will have you drooling! Love a cosy night in and am always by your side at the click of a button when you've had enough of George and the Pringles.

My type? Someone who loves 'different'! You know, I can't be bothered with this cookie cutter lifestyle, and influencer lark. I like authentic types.

Oh, and let me tell you about the girlies....**Dear Coco** is the advice queen around here! She's a babe, hilariously frank, and just bonkers! And we have **Lana Leigh**, a sexy kitten from New York, at **Lemon, Love**. She's spending the summer in Italy on some kind of assignment. If you ask me, sweetie, it is just an excuse to do 50 shades of hottie spotting. I don't blame her with those pasta-sucking gods who could melt any woman's gelato! Oh, and I heard there's some travel and fash too. All in this cutsiewootsie mini mag.

Buckle up, my little pumpkin, we're going to have fun! I'm off to joosh things up for date night. Can't wait.

*Kissy kissy*

**B bold, B beauty, B bliss**







# ABOUT

# BLISS

# MINI MAGAZINE



Welcome to the **Launch Issue** of **BLISS**, an 'amuse bouche' mini mag to savor as a delish, weekly pick-me-up.

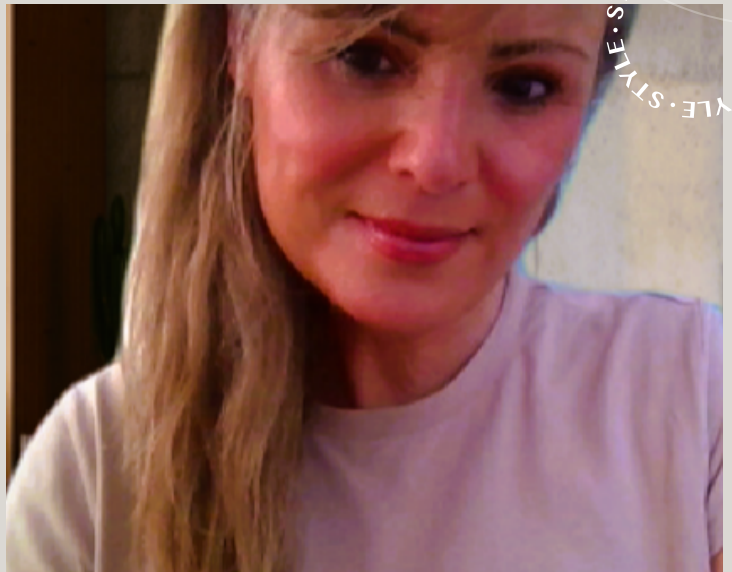
About BLISS? We are not about diet fads, gym bunnies or that anti ageing lark. We leave that to the others ;) We are, however about fun, fun and fun. Enough said, my little noodle!

It is our commitment here at BLISS to provide the funniest, and most delightful content. And have a jolly good time in the process!

*K xo*

Creator-in-Chief

[www.wonderful.company](http://www.wonderful.company)



## In this launch issue

BLISS is delighted to launch **Dear Coco**, and **Lemon, Love**, weekly comedy series that will have you smiling just that little bit more about life. ;) We cannot wait to share future magazines and love having you on this cute and cosy journey. Kiss kiss, my little pumpkin!  
X

# HEALTHY & DELISH

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One of the things I love doing on my solo travel trails is creating easy recipes that pack a punch in yumminess. None more so than my banana pancakes. Disclaimer: they are very addictive! Try for yourself ;)

For a cute look (we love small and cutsie here), make 4 mini pancakes instead of 1 large one and layer with berries, a little mascarpone, and a drizzle of honey.

*Buon appetito!*

Method:

Mash one banana into a smooth puree in a bowl. Add the egg to the banana and mix lightly. Add one small tablespoon of flour and mix until a smooth consistency. Melt a teaspoon of butter in a frying pan on a medium heat. Pour the banana mixture into the pan and cook for a minute until golden on each side. Serve warm.

BLISS





# PANCAKE

S.

*Dessert*

*Ingredients:*

*1 ripened banana*

*1 large egg*

*1 tbsp flour*

*1 tsp of butter*

*fresh fruit*

*honey*

*mascarpone*

*Serves one*

**Easy & Delish  
Recipe!**



# dear coco

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Dear Coco,

My husband and I haven't been on date nights for months, and I'm beginning to think he has lost interest. He spends every night in front of Netflix! I feel invisible! Can you help, please?

Phyllis, NYC

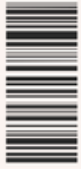
Ciao, my little pumpkin!

Well, I feel ya! Now, you know I'm a frank filly, Phylli! I'll get straight to the point...ask yourself one question...would you date you? If the answer is a big fat no, then, fix you first, cutie pie. Head to the coiffeur and ask for a large glass of champagne (you deserve it!) and a full head to toe makeover and don't go home until it is a slam dunk you would date yourself! Have that hubby drool over the sexy cupcake you truly are! And pop to the lingerie shop. That will cure his addiction...(if not, tell him you are off to find a real man...and he can make his own damn dinner from now on!



XO

Coco  
advice queen & jolly good egg!  
coccocures.inc



# EASY LIVING...

## MANTRA TO LIVE BY THINGS ARE ALWAYS WORKING OUT FOR ME

EASY LIVING

ISSUE 01 | JULY 2023

84 / THE HAPPINESS PROJECT  
went straight to the computer and ordered one for myself, and I started the habit of burning it in my office. Though I sometimes mocked the scented-candle-pushing brand of happiness building, I discovered that there is something nice about working in an office with a candle burning. It's like seeing snow falling outside the window or having a spoozing on the carpet beside you. It's a kind of silent presence in a room and very pleasant.  
ENJOY NOW.

As I worked, and especially when I was pushing myself to do things that made me slightly uncomfortable, I kept reminding myself of my resolution to "Enjoy now." As a writer, I often found myself imagining some happy future: "When I sell this proposal..." or "When this book comes out..." In his book *Happier*, Tal Ben-Shahar describes the "arrival fallacy" (Other fallacies include the "floating world fallacy," the belief that immediate pleasure, cut off from any future purpose, can bring happiness the "nihilism fallacy," the belief that it's not possible to become pier.) The arrival fallacy is a fallacy because, though you may anticipate great happiness in arrival, arriving rarely makes you as happy as you anticipate.  
First of all, by the time you've arrived at your destination, you're exhausted. You've already been incorporated into your happiness. It's rare to achieve more work and responsibility. It's rare to achieve a promotion. Buying a promotion once you reach it, so it has already been incorporated into your happiness.







ITAL

Y.

Vespa  
Love



PASTEL BRICK

SEA SALT

VESPA TOOTS

GELATO LOVE

ESPRESSO SIP

LIMONCELLO

PARMESAN SHAVINGS

WOODEN BOATS

TINTED SUNGLASSES

OUTRAGEOUS FLIRTING ;)



# LEMON, LOVE

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## Episode One

**But first,** a cosy cafe in Manhattan...May 11th...

It's a warm, sunny day in NYC. Lana is sipping an espresso in her usual cafe. After a quick catch up with Diego, the cafe's owner and resident charm magnet, Lana cosies up with the NY Times before heading to the office. An early phone call...what do you mean, go to Italy, she gasps, a whole summer on my own, she sighs? Can't someone else cover the assignment? Oh, I get it, because I'm single? Ogling Diego discreetly, she whispers to her boss...but I have a new boyfriend? well, kind of! What do you mean you don't care, and there is plenty of boyfriend candy in Italy? Is there a choice? Futile negotiation ensues and Lana resigns herself to the inevitable, a summer in Italy...pretty house nestled among lemon groves, 50 shades gelato, and unbeknown to Lana, cougar-loving, lady magnet Gianni as her local guide.....

Pulling out a journal, and under the curious gaze of Diego, a cheeky-faced Lana notes:

*Hold on to your pizza ovens, Italia...things are about to hot up around here...! Lana, love! X*







# PLAYLIST

Sweet Happy Life

Peggy Lee

That's Life

Frank Sinatra

Dream A Little Dream Of Me

Doris Day



# LIFESTYL

E.

Pretty sun dress, spray of perfume, cheeky smile...traveling light...

*minimalist*



parmigiano  
Florence



espresso  
Ravello



sea salt  
Positano



risotto  
Naples



aperio  
Venice



## FUTURE PERFECT

This day is perfection, this moment is perfection, this planet is perfection. I am a perfect being having a perfect life experience. I am the creator of my own destiny. As I focus on the perfection that is, life reveals time and time again, nothing is broken. The future is perfect.

a huge thank you  
for being part of

*Bliss*

if you love this cutie pie mini mag  
as much as we do ;),  
we would love your feedback at  
[hello@wanderful.com](mailto:hello@wanderful.com)

*ciao!*



B bold, B beauty, B bliss

[www.wanderful.com](http://www.wanderful.com)

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