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BALANCED LIFE



2017

Balanced Life is a monthly The Foschini Group (TFG) magazine aimed at modern women who want to make informed choices and achieve a healthy balance in all areas of their life. Presented in a vibrant and dynamic format, Balanced Life delivers both expert advice and original content, giving readers direct access to fresh articles and useful tips. With a focus on women, Balanced Life features – and celebrates – South African females who are determined, strong and driven, and who aim to maintain a sense of overall well-being.

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OF THE DECADE**

CLASH OF THE COLLEAGUES
MASTERING CONFLICT RESOLUTION AT WORK

BEAUTY EXCLUSIVE
NADIA Taftha
THE INSTA-FAMOUS BLOGGER'S TOP WINTER LOOKS ARE #NOFILTER GOALS

4
KEY PIECES TO GET 9 HOT NEW OUTFITS

10 BIG BUYS YOU WON'T REGRET p74

**WIN!
R20 000**
IN PRIZES UP FOR GRABS

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