

Issue 8
11/2021

ARIANA

Magazine

**AFGHANISTAN'S
BRUCE LEE- ABBAS
ALIZADA AIMS TO
GET INTO
HOLLYWOOD**

INCLUDED:

LIFE COACHING TIPS

AFGHAN GIRL'S ROBOTIC TEAM

AN AFGHAN-SICILIAN LOVE STORY

AFGHANS PROTEST IN LONDON

AFGHAN ART

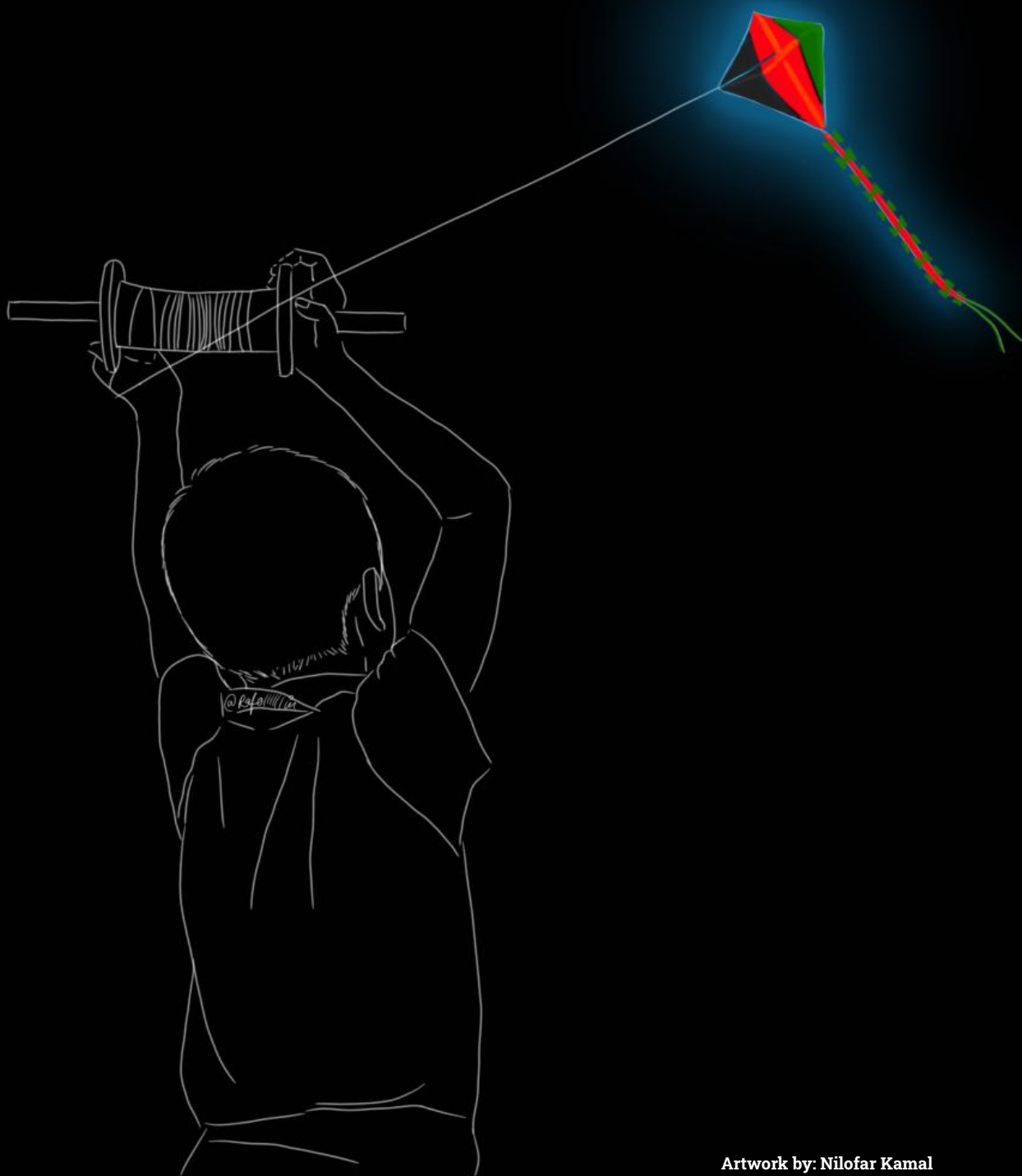
SHORT STORY

AND MUCH MORE

**MEET THE
YOUNGEST
PRINCESS OF
AFGHANISTAN**

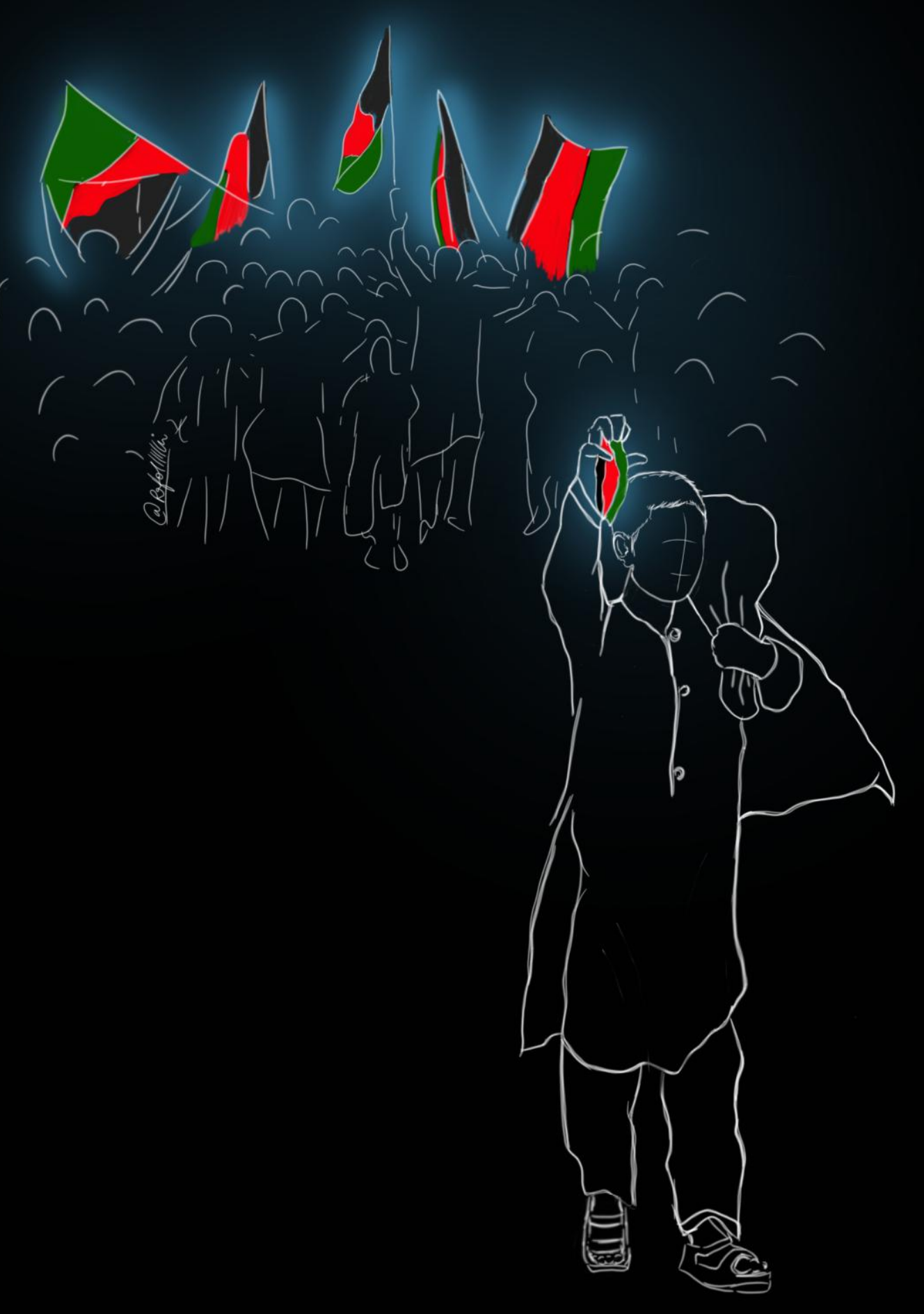
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Model: Abbas Alizada
Photo Credits: Obaid Anwari
(AVATAR FASHION PHOTOGRAPHY)



Artwork by: Nilofar Kamal





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- ANNUAL ACCOUNTS
- CORPORATION TAX RETURN
- BUSINESS AND TAX ADVICE
- PAYROLL AND PENSION
- VAT, CIS AND CGT
- TAX INVESTIGATION
- OFFSHORE COMPANY FORMATION
- INTERNATIONAL ACCOUNTING
- CORPORATE TAX PLANNING
- OFFSHORE ACCOUNTS
- CONSOLIDATED ACCOUNTS
- TRUST ACCOUNTS
- CHARITY ACCOUNTS
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BRANCHES



LONDON

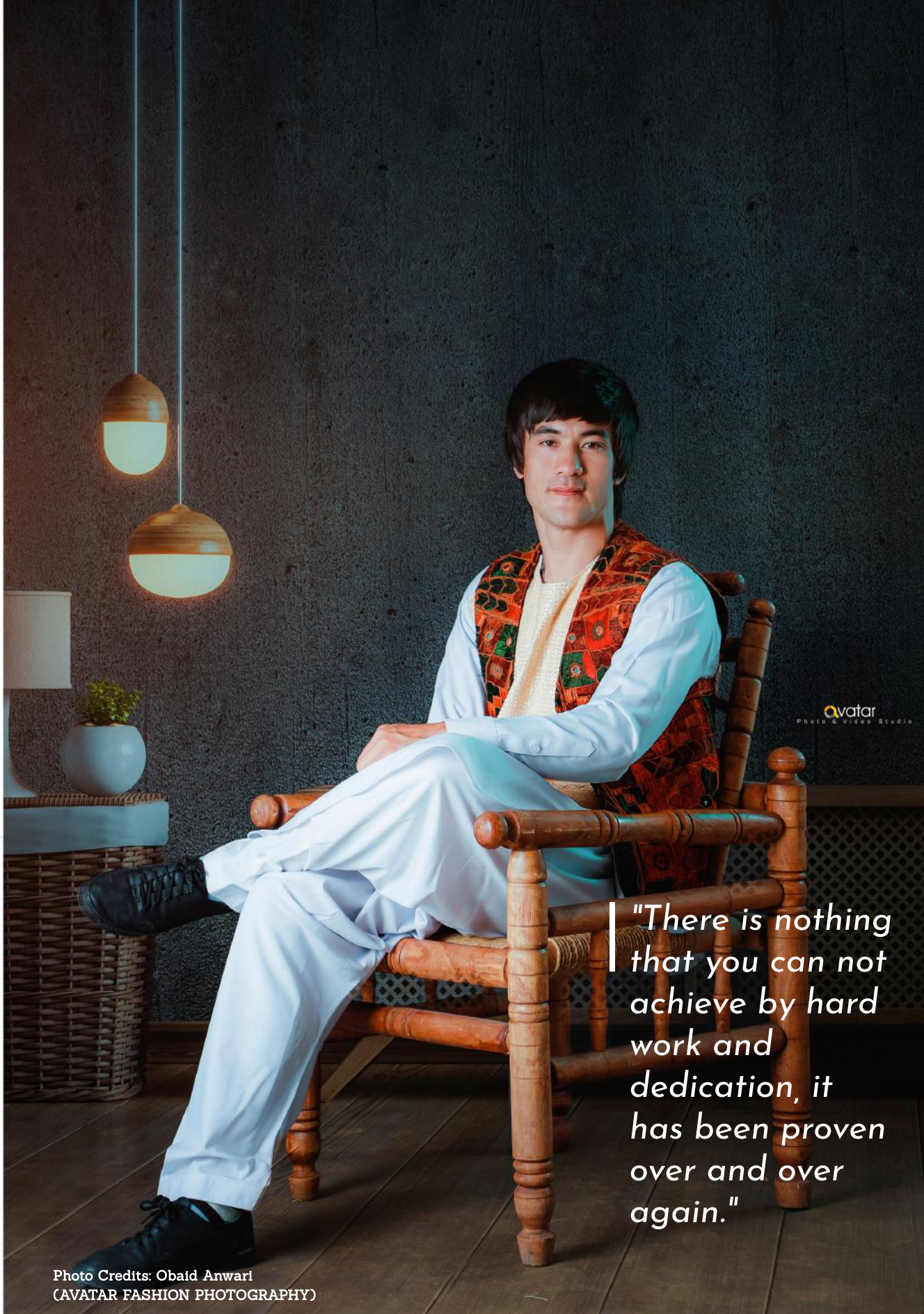


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LIFE COACHING TIPS

Zamarud said "I believe that many of our Afghan youth are apprehensive about sharing their feelings involving his/her mental health. For decades, it has been a taboo topic to discuss mental health within the Afghan community whereas asking for help has often been associated with being called "Dewana."

We must break out of this type of backwards ideology and normalise the importance of mental health within the Afghan Community. After all, in order to maintain a positive and physically healthy lifestyle, it first begins with keeping our minds happy and healthy.

Some Life Coaching Tips for the Afghan Youth:

Prioritise Yourself. In order to keep your loved ones around you happy, you must first learn to keep yourself intrinsically happy by doing things that bring you inner peace.

Do not conform to fit the norm and to be accepted. Accept yourself as who you truly are and embrace your self-identity.

Do not look down on others because of your own insecurities. Instead, focus on those insecurities and turn them into your strengths.

Life Coaching tips to Afghan Parents:

Accept your children as their own individual person. Love them for who he/she is and stop comparing them to others because they are unique and special in their own way. If you continue to criticise and break them down- they will never grow up to love themselves and have the confidence to move forward and to become successful in life.

Subscribe to her Podcast, Enlighten Your Mind.

For more information: http://linktr.ee/Enlightened_Z



@enlightened_z