

USA TODAY | 9 GIFTS YOUR MAN IS SURE TO LOVE!

## MODERN WOMAN

FALL/WINTER 2014

Work it!

4 Take-charge  
Office LooksHappy  
& Healthy

Inspirational Ideas

Tattoos  
Healing  
PowerBreast cancer  
survivors turn  
scars into artPre-Baby  
Bucket List\* Sled down a volcano  
\* Jump off a cliff  
\* Chase gators +MOREBe  
your  
own  
bossERIN  
ANDREWS  
On top  
of her  
gameSil Lai's  
best relationship  
advice

**Know thyself.** Despite what popular movies and culture tells us, relationships aren't panaceas. A good relationship is comprised of two relatively healthy individuals who share mutual interests, values and goals who genuinely like each other.

**Take responsibility.** Too often women (including me!) face emotional, financial or other crises by turning to a relationship for comfort. Do the hard work. Uncover the root cause of the negative situation (tempor. addiction issues) and seek solutions.



**Take it slow.** We live in a world in which technology has accelerated everything we do, including forging relationships. In the past, people were often introduced by workmates, mutual friends or even members of their church and recreational groups. Today, social media and other technologies often take the place of such in-person introductions. That's fine, as long as you move slowly into that or any relationship. Advanced technology doesn't take the place of time as the greatest tool for choosing an appropriate partner.



## SIL LAI ABRAMS

*Award-winning writer, inspirational speaker, domestic violence awareness expert and relationship columnist*

Ebony.com and Men's Fitness magazine readers know Sil Lai Abrams as a voice of wisdom and reason on relationship matters. The savvy columnist and award-winning writer believes that self-awareness and personal accountability are the bedrocks of positive, empowered lives that produce and strengthen healthy relationships and end violence, specifically against women and children.

**Exercise you turn to for fast results?**

An elliptical machine combined with weight training. I hate to say it, but there are no "fast" results (that) are healthy and lasting.



**iPhone or Android?**  
Samsung Galaxy.



**Pet peeve?**  
Dishonesty.

**Do you prefer to hug or shake hands upon first meeting someone?**  
Shake hands.

**Favorite day of the week and why?**

Monday! I love the opportunity that the day provides to go out into the world and make things happen.