

Suí

This little stress evaporating CD comes from businesswoman **Derval Dunford**, qualified in Stress Management and Teaching MBSR (Mindfulness based stress reduction). Derval was first inspired to create Suí, when she was in recovery from Post Traumatic Stress Disorder and a rare Multiple Chemical Sensitivity. Derval began to re-evaluate her life. "When I was diagnosed my life completely changed. I had to give up work and socialising and became a prisoner in my own home as I could not come in contact with any household or everyday chemicals found in perfumes, deodorants or even freshly washed hair or clothes." Looking on the brightside of things, Derval says her illness is to thank for the direction her business career has gone. Without it she wouldn't have experienced the benefits of practicing meditation. "I found that the most effective way of doing something about life's stresses and anxieties was by practicing non-doing."

Meditation has been found to ease a host of stress-related problems including chronic pain, headaches, anxiety, PMS and sleep disorders. The Suí album features a range of guided meditation and relaxation sessions from 5 to 20 minutes. "In today's chaotic world, meditation and relaxation needs to be seen as a necessity not a luxury".

Log on to www.sui.ie to find out where you can get yourself a copy.

THE GLOBAL GENDER GAP INDEX

Ireland has ranked 8th in the global gender equality league table, according to the World Economic Forum. The annual survey ranks countries in terms of equality of economic participation, access to education and healthcare, and political empowerment. The Forum ranked Norway as the country with the greatest equality between the sexes with a score of 82.4%. Yemen was bottom of the list, with Chad and Saudi Arabia the second and third worst performers.

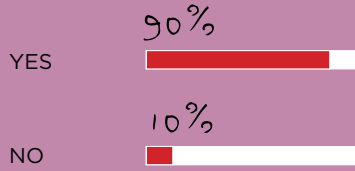
THE GLOBAL GENDER GAP INDEX TOP 15:

- 1 Norway
- 2 Finland
- 3 Sweden
- 4 Iceland
- 5 New Zealand
- 6 Philippines
- 7 Denmark
- 8 Ireland
- 9 Netherlands
- 10 Latvia
- 11 Germany
- 12 Sri Lanka
- 13 UK
- 14 Switzerland
- 15 France

Straw Poll

Out of a base of 100 Businesswomen contacted **WMB** asked:

ARE YOU PLANNING A FOREIGN HOLIDAY THIS YEAR?



JOY ADORNMENT BY LUCY JONES

If you're looking for something extra special then how about some beautifully hand crafted jewellery from **Joy Adornment**. Everything you see is a one-off piece designed by **Lucy Jones** from her home in Celbridge, Co. Kildare. Lucy did three years at the National College of Art and Design in Dublin, followed by a further two years at the Birmingham City University, School of Jewellery. There's everything from bracelets, brooches, hair accessories, earrings and handmade gift boxes. "I try to break new ground with my jewellery, which could be described as "works of art to wear", as I prefer to create unique, one-off pieces. Each is carefully designed to convey a sense of personal style for the wearer rather than simply being a reflection of rapidly changing trends," says Lucy. **WMB** particularly loved the bridal jewellery range, it really doesn't matter if you're not getting married! This range is just too pretty to save for that big day. Check out the heart of glass earrings... we want them!!!
Google www.joyadornment.com/