

Editor-in-Chief



In magazine land, we talk about fashion a lot. But the role that clothing choices play in grieving the loss of a loved one? Not so much. Yet in today's Hot Topic, we talk to stylist Jessica Marmotta, who teamed a black lace dress with a large yellow necklace to wear to her father's funeral via Zoom after he passed away interstate during lockdown last year. "Dad loved colour and he loved yellow. My necklace reflected that and it helped me," Marmotta recalls. As bereavement psychologist Christopher Hall tells *Body+Soul*: "Grief is choice-less... [so] anything that engenders a sense of choice or empowers people is a good thing."

Sarrah Le Marquand

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On the cover

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One

REASON WHY KINDNESS IS CONTAGIOUS

If the past two years have taught Australian model and designer Nicole Trunfio anything, she says it's that "everything we do, no matter how big or small, has some sort of domino impact". So Trunfio decided to make kindness "her theme for 2022. Whether that's [being kind] to a stranger at the supermarket, a waitress at a cafe [or in] how we treat our friends, family and our planet – all of our interactions make an impact," says the mother of three and ambassador for skincare and make-up brand Inika Organic. "It's the little things that can really make someone's day. Whether it's making my husband [US musician Gary Clark Jr] a smoothie before he starts his day, smiling at a stranger I pass in the street, saying thank you when a driver gives way to me... It's easy to be kind and manners are free."



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