

ELLE

"Until we became fire and fire us" - Basel Abbas and Ruanne Abou-Rahme

culture



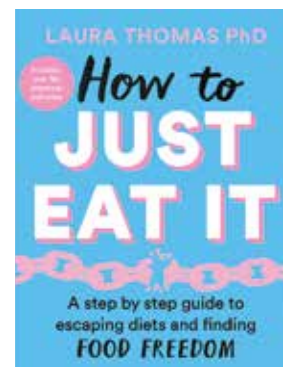
Keeping it real...

WE TAKE A LOOK AT THE ARTISTS KEEPING MEMORIES ALIVE, AND THOSE CREATING NEW ONES

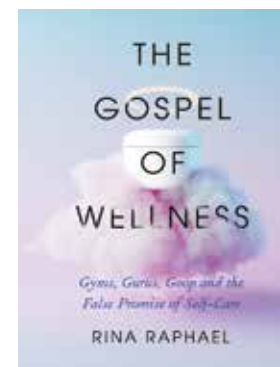


Read

MANIFESTATION, ELIMINATION, MINIMALISM, NUTRITION, AND DETOX ARE A FEW OF TODAY'S BUZZWORDS. WITHIN THE CLUTTER OF HOW-TO MEMOIRS AND TIKTOK THERAPISTS, WE LOOKED BEYOND TO DEBUNK THE MYTHS OF THE WELLNESS INDUSTRY AND BRING ABOUT BETTER RELATIONSHIPS.



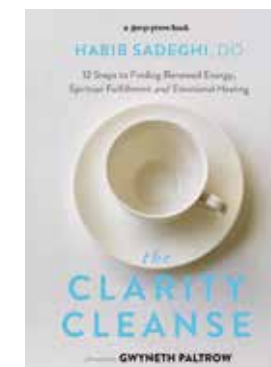
HOW TO JUST EAT IT
by Laura Thomas
Meal plans, diet cultures, cleansing, and that want of a "smaller" frame take over our every day. Nutritionist and Ph.D. Laura Thomas helps reframe the approach to food through the book. She uses principles of intuitive eating to develop a judgment-free attitude to food. She's positively steering clear of the fads of 'diet culture' – and enabling food freedom.



THE GOSPEL OF WELLNESS
by Rina Raphael
From green juice to vitamin doses to protein shakes – the wellness industry is very much like the fashion industry with a new era of rising fads and trends. With her access to incredible people like Gwyneth Paltrow, Peloton CEO John Foley, and more, Rina Raphael gets into the nitty-gritty of aggressive marketing around the wellness industry and its aftereffects.



MEALS SHE EATS
by Tom & Rachel Sullivan
The first of its kind that I've read, the book is a bridge between research, personal experience, advice, and recipes for PCOS. Affecting 1 in 10 women around the world, the book offers everything you need to know to naturally regulate and manage your diagnosis in each phase of your cycle. The good part is it doesn't preach a particular lifestyle – but helps you explore modifications that will effectively improve your diagnosis.



THE CLARITY CLEANSE
by Habib Sadeghi
The only cleanse that Habib Sadeghi, DO, wants you on, is the emotional kind. A cofounder of Be Hive Healing, Habib's book is a 12-step guide to pushing all your baggage off a ledge, allowing space for your spiritual and physical health to grow and heal.

COMPILED BY SWATI JAIN

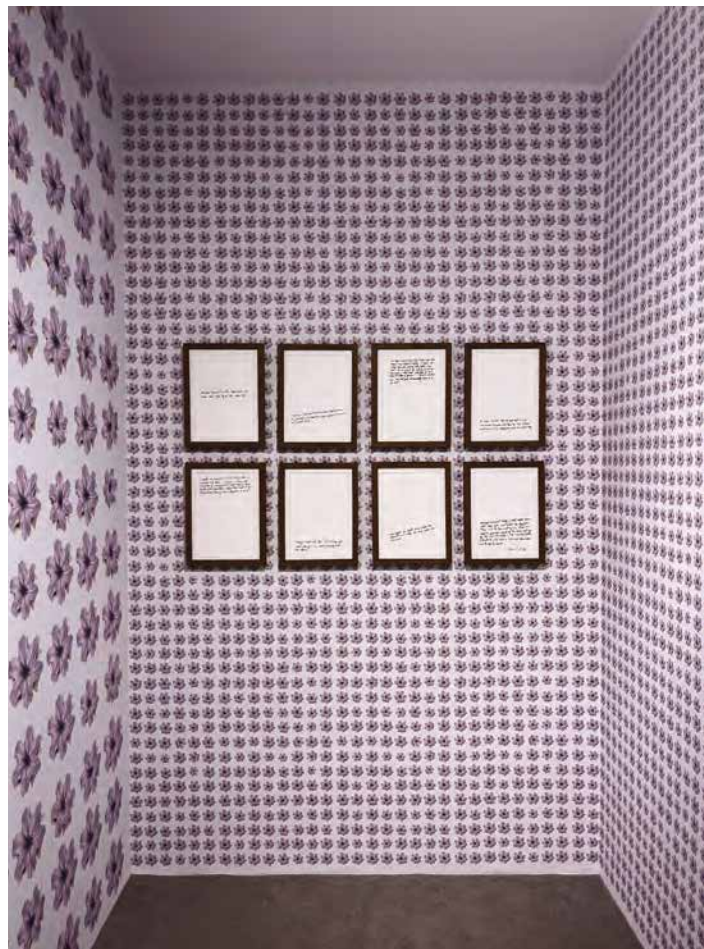


PAST SB PRESENT

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This year celebrated the 30th anniversary edition of the Sharjah Biennial, titled "Thinking Historically in the Present" which was conceived by the late Okwui Enwezor and curated by the Foundation's Director Sheikha Hoor Al Qasimi. Featuring over 300 artworks by more than 150 artists and collectives from around the world, we take a closer look at three remarkable collaborations.

Tania El Khoury and Ziad Abu-Rish perform "The Search For Power" amidst their installation at the Jubail Vegetable Market. A collaborative investigation by both into power outages in Lebanon and how they intersect with colonial legacies, political and economic hierarchies.



Jasbir Puar and Dima Srouji build upon their respective work in architecture, visual art and decolonial theory to produce a collaborative examining of colonial pathologies in the installation, *Revolutionary Enclosures (Until the Apricots)* With a series of household items responding to material conditions of different kinds of lockdown, it interweaves the artists' experiences of COVID-19 quarantine with their memories of the Second Intifada (2000–2005).



Basel Abbas and Ruanne Abou-Rahme were given an entire heritage house in Al Mureijah, to occupy. Together they transform Bait Haider Abadi, into another world of sound and video, with prints on fabric taking on a life of their own. In “Until we became fire and fire us” they explore the visual and aural manifestations of the desire to reconnect with severed homelands, communities and histories.

