

# FÓRUM FASHION

ENGLISH VERSION  
FALL/WINTER  
2023

15  
*Happy  
Birthday*

FÓRUM DEBRECEN!

*Csenge  
Forstner*

“Fashion has always been  
important in my life, as it helps  
me express myself.”

*Joyful, sexy,  
sweet, holly -  
color it all you want!*

# #weareonline

Follow the social media pages of FÓRUM Shopping Mall for more colorful content and style hints!

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## TIKTOK

 @forumdebrecen

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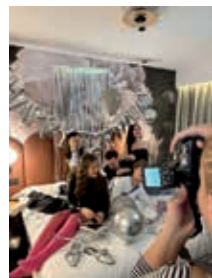
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# FÓRUM FASHION

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FÓRUM FASHION IS PUBLISHED BY FÓRUM SHOPPING MALL. FÓRUM FASHION – 2022 FALL/WINTER

ESTABLISHED BY: ECE BUDAPEST KFT., 1106 BUDAPEST ÖRS VEZÉR TERE 25/A

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WWW.FORUMDEBRECEN.HU, PHONE: +36 52/598-800 PUBLISHER: LORINVEST ZRT., 1061 BUDAPEST ANDRÁSSY ÚT 13.

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ADDRESS: 4025 DEBRECEN, KELETI SÓR 4., PHONE: +36 52/616-009 COVER MODEL: CSENGE FORSTNER

PHOTO: BOGI BOGNÁR MAKEUP: KATE Klapka HAIR: KILIAN UJHELYI STYLING: ZARA

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# HAPPY BIRTHDAY, FÓRUM DEBRECEN!

*The cívis town's biggest shopping mall, Fórum Debrecen, just turned 15. On this occasion, besides planning for the future, we must make a nostalgic reckoning, so in place of our traditional greeting we now give you the skinny as well as some cherished memories and forward-looking insights directly from Fórum Debrecen's mall manager, Ajtony Átányi.*



**Ajtony Átányi**  
Mall Manager  
Fórum Debrecen Shopping Mall

Photo: Zsuzsanna Tóth-Tokmajyan

## ***How long have you headed Fórum?***

I have been running Fórum Debrecen for 13 and a half years. Even before that I worked in trade, which is my specialty. I had been living in the capital, managing Árkád Shopping Mall, when I got the opportunity to run a relatively new department store. This is how I came to Debrecen. The task was not at all unfamiliar to me as already in the project phase I had been responsible for Fórum.

## ***How do you find life here in Debrecen?***

It is a most livable city. I like Budapest because I grew up there, but it's too large. Me and my wife moved here with two small children, and I find the town to be a nice place of human scale. Fórum fits into it perfectly.

***Fórum has something for everyone, in all walks of life, from shoes to groceries to fast fashion to toys. What criteria do you use to decide what stores can move into Fórum?***

Our parent company has been in business practically for 57 years. They opened their first shopping mall in Hamburg, with the purpose of having everything together under one roof. Here we have 110 stores. The initial idea was to offer shoppers the widest range of items possible, so that they would not have to leave the mall to get some product they needed. We are constantly shaping the range of tenants to have an optimal mix of clothes stores, including smaller and bigger brands, as well as services, electronics, restaurants, so such a mixture of commodities as fits right in with the shopping habits of Debrecen's populace. For 15 years we have been constantly monitoring customers' needs so that we meet all demands and all the sought-after products be available at our mall. If someone comes to us with the intention of opening a store now, I'm not sure they can, because perhaps they will find the profile already taken. Our goal is to have a healthy balance of services at Fórum: shoppers arriving here can park their cars conveniently, buy what they need, eat and drink, and leave contented.

***Customers get their entertainment, too, because Fórum organizes a lot of events: live concerts, interactive shows, presentations—there's quite a wide assortment. Why is it important for a shopping mall to host events?***

Basically we have no tenant that deals in entertainment here, there's no cinema or gym, or other similar units, but the common spaces have been created in a way that we can shape them freely and adjust them to host various events. We organize gigs, exhibitions, educational and charitable programs so that we always have something to offer to a large audience. We keep track of events that could be popular with Debrecen's people, that could provide shoppers visiting us with something extra. The objective is to have something new going on all the time, to have something to look at in addition to the products on offer, so that people will think it's worth spending time at our mall.

***Looking back on this decade and a half, was there a favorite event? Can you find something you are most proud of?***

We've had countless successful events, so it is difficult to highlight one or two, but I think the ones I remember most fondly are those that have since been taken over by our partner malls. Those that were first introduced here. For instance, the interactive game shows that brought in great crowds and went on to conquer other malls of the country, such as our scratch card game. We have always had prize games with large sums to win, but relatively few people could take home the feeling of success with their prizes. With these raffle cards, however, everyone got something, if nothing more than a coffee. Another one was called Big Red Button, where players had the chance of winning back the amount they had spent on shopping. It's no exaggeration to say there were always people lined up for Red Button, it was so popular.

***As you have already mentioned, Fórum supports charitable activities, too. Why is it important for the mall to stand for such causes?***

To be honest, this is a mission. In a matter of days more or less Debrecen's entire population turns up at the mall, so we feel obliged to provide these organizations, foundations, and causes with a venue to promote their visibility. Social responsibility is a high priority task, and we strive to support all charities without exception: foundations helping sick children, animal shelters, or organizations supporting homeless or disadvantaged people. We believe it is important to dedicate the space to preventive events, too, since prevention has a positive impact not only on our health but on all areas of our lives, so it's a number one task. Also, there are recurrent charitable programs we join each year, such as the chocolate raising event.

***Fórum is being developed continuously. What changes can we expect indoors in the near future?***

We have several plans, but considering the near future, our customers must have seen the latest thing: soon there will open a newer, bigger Stradivarius store, their largest unit in the region so far, and our shoppers are already very excited about it.

***How about events? What should visitors look forward to?***

Our tradition of Joy Days will be observed, of course: the floors of our mall will be crammed with shoppers. This year we are celebrating our 15th anniversary, so a birthday party is in order, after which there comes the Advent season with lots of colorful programs to choose from.

***What does Fórum mean for Debrecen?***

It is a genuinely vibrant and vivid place to meet. Here the entire family, children and adults, too, can find whatever they need, and the events attract foreigners, too. Meetings are set up by friends and girlfriends, and distant relatives and neighbors shop and watch live concerts together. This place is so much more than a shopping mall: it is a forum of human relationships in the heart of Debrecen.



Photo: Lóránt Kiss



# EDITOR'S CHOICE



## Lili Vincze

This latest issue of our magazine is precious to me for various reasons. For one, this is the first time we see our cover model, Csenge Forstner – well-known by the TikTok generation of an entire country – on a magazine cover on her own. Other names from past years that readers of our magazine have had the chance to meet include Fanni Weisz, Vivien Máдай, Panni Epres, Eszter Iszak, Ági Dobó, Adrienn Marton, Bogi Dallos, Peti Puskás, Fruzsí Viszok, Sydney van den Bosch, Levente Lakatos, Rea Milla, and Edina Som-Balogh.

This time the new issue comes out in November, as this is the month we celebrate the mall's 15th anniversary. But why is this number so important to us? Well, Fórum has been an organic part of Debrecen and its vicinity. Whether in fashion or otherwise, the shopping mall provides a venue for self-expression: it entertains and educates, since the mall houses and hosts several exhibitions and programs. Friendships are forged or maintained beside a coffee here. Among the shelves of the bookstore anyone may escape from reality for a brief moment, diving into their own minds by leafing through a good book. We can be of many kinds, prudent planners or last-minute rushers. Whatever the event, birthdays or Christmas, we may all find the perfect present at Fórum. This is even more relevant with the coming of the Advent Season. When compiling our magazine issue, we tried to include everyone. Not only the mood of birthdays but the spirit of Christmas, too, overcame us when editing the magazine issue. Use our gift ideas to surprise your loved ones or yourself. End-of-year parties and functions are upon us, and you're free to make use of our glittery, vivid sets. We hope to inspire you, dear reader. Let's meet at Fórum and have a wonderful time like we have been having for fifteen years now!



COAT  
GUESS  
CHECK IN STORE

BAG  
ZARA 10 995 HUF



EARRINGS  
PARFOIS 3995 HUF



SANDALS  
ZARA 19 995 HUF



COFFEE,  
TEA AND  
HOT CHOCOLATE  
COFFEESHOP  
COMPANY

## EDITOR'S CHOICE

# Petra Pulinka-Pikó

This Fall we are in a festive mood not only because the Advent Season is near, but also because Fórum Debrecen Shopping Mall celebrates its 15th anniversary in November 2023. We have been very excited about this period since in this current issue we have a double reason to be merry. The photoshoots feature glamor, soft elegance, and exciting patterns but also some exquisite colors, so we are presenting our readers with a rather unorthodox issue. I am really grateful for the chance to have participated in preparing this issue: it has been an unforgettable experience as I have met some fantastic people and visited beautiful places. Several challenges were faced when editing the magazine, but together we overcame the obstacles. I am a member of a loyal and strong team, for which I can't be grateful enough. I believe nothing happens by chance: it is due to both the successes and the failures experienced that we have again come up with a Fashion Magazine issue existing in a state of perfect harmony. I hope leafing through our publication will inspire you, the reader, to courageously don the glamour of the festive season like some holiday apparel.



BLAZER  
ZARA 19 995 HUF



WATCH PARFOIS 12 495 HUF



SHOES ZARA 11 995 HUF

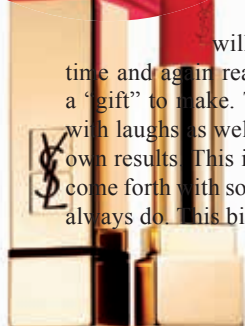


LOVE STORY EDP  
(30 ML)  
CHLOË -  
DOUGLAS PAR-  
FUMÉRIA  
28 490 HUF



# Anna Novák

Anniversaries can mean a lot of different things to different people. Celebration, commemoration, preparation, premonition. On behalf of my co-editors I think I can safely say that the editing process of this issue was dominated by a festive mood, as Fórum Debrecen turns 15 this year. Each issue has a different central subject matter; we strive for versatility, so that we may always provide our readers with something new. This issue is no different, and the fashion articles feature quite varied styles: from elegant to daring-readers of all ages and personality types will find their favorite pieces here. When editing our magazine I time and again realize that my pet issue is always the latest one, as each one is a 'gift' to make. The publication is always preceded by a long planning phase, with laughs as well as tears. Sometimes it is very hard, but the effort produces its own results. This is why I love my job so much. I hope that we again managed to come forth with something new in fashion, in cuisine, and in literature, just like we always do. This birthday issue is really our gift to you, dear reader.



ROUGE PUR COUTURE 151  
YVES SAINT LAURENT -  
DOUGLAS PARFUMÉRIA  
19 290 HUF



DRESS  
ZARA 14 995 HUF

LACE BODY  
INTIMISSIMI  
35 000 HUF

BERET  
ZARA 4995 HUF



# CSENCE FORSTNER







OVERALL RINASCIMENTO 58 590 HUF  
BLAZER RINASCIMENTO 48 590 HUF  
SHOES DEICHMANN 11 990 HUF  
EARRINGS BIJOU BRIGITTE 9990 HUF



A woman with reddish-brown hair is standing in a grassy park area, smiling. She is wearing a light-colored trench coat with a dark pattern, a wide belt, and knee-high boots. The background is filled with large, mature trees with dense green foliage. The scene is brightly lit, suggesting a sunny day.

# Fórum Portrait CSENGE FORSTNER

COAT GUESS 110 900 HUF  
KNEE BOOTS ZARA 11 995 HUF  
TIGHTS CALZEDONIA 5495 HUF

## INFLUENCER.

*Today this term makes ripples in the deepest social media and even offline. In the eyes of the public influencers are merely self-appointed posers, but reality is rather different. You need time, dedication and tolerance to find and produce content appropriate for a wide range of people, to smuggle in an educational purpose or two, and to convey motivation and positive messages. Finding tolerance is imperative to be able to take negative criticism.*



*Yes, influencers have chosen to lead the public opinion, but the responsibility is much greater than you'd think: it does matter what direction they take. 20-year-old youngster Csenge Forstner got involved as a fresh 15-year-old, and now she has over 1 million followers on TikTok. In her videos she talks about environmental awareness, beauty tips, travel experiences, higher education, and everyday motivation so that she can be more than a simple content producer in the roiling and crowded sea of influencers and can indeed steer her ship of followers in a good direction.*

***You are featured on the cover of Fórum Fashion Magazine, and it hasn't been too long since the photoshoot. How did you take it? Were you at ease in this situation?***

I felt really great at the photoshoot, the atmosphere was absolutely familial and friendly.

***You have a knack for fashion, and your followers are granted both outfit and beauty tips. What does fashion mean for you? What is its role in your life?***

Fashion has always been important in my life, as it helps me express myself. Beauty is "me time," when I can relax and recharge my batteries. When I'm applying my makeup I focus only on myself and as I'm making myself "prettier," my self-confidence increases.

***What style of clothing do you adhere to in everyday life? Smart casual? Or mildly sporty? Or does it depend on your mood?***

It is totally dependent on my mood. When going to the university I like to dress smart, and at dinners it's the same style. On my other weekdays, however, I prefer loose-fitting, comfortable, and casual.

***Do you have a role model? Someone whose style you admire? Someone you follow and whose advice on looks you take?***

I love Hailey Bieber's style and beauty tips, she's my main inspiration in fashion and beauty.

***How much time do you spend working on your looks?***

It varies, but I like to spend as much as I can, because as I mentioned this is my me time, which is really important to each and every person and every woman. Of course, there are days when you don't have as much me time as you want.

***Now you're here in Hungary but for a couple of years your home was the US. How long did you live there?***

***And what are you studying here now? Do you wish you could go back?***

I spent about 6 years in the United States, and I loved it, which is why I go whenever I can. Currently I study diplomacy, which I find really interesting.

***You must get a lot of people asking you where it's better to live... and why.***

This question is really difficult to answer because I like both places for different reasons. Hungary will always be my home as my birthplace, but the opportunity and positive, inspiring energy in the US are something absolutely unique and inimitable.

***How did you become an influencer? How old were you? Did you find your audience easily or did you have to put in a lot of time and effort to establish this huge camp of followers?***

I was about 15 when I started producing content seriously, and yes it took some time to find the content I could enjoy making. Many people think it's easy to do, but setting up a fan base takes a lot of time and energy. However, thinking back on that period I know I really enjoyed each little step.

***Can you tolerate negative criticism? Do you get any negative comments at all? Or is it mostly supportive opinions?***

Of course, I get negative comments, but I have learned to deal with them. I am lucky because the positive opinions outweigh the bad ones.

***How important is it to know what others think about you?***

At home I was always taught not to worry about other people's opinions, which is definitely not easy, but I find that the older I grow the easier it gets to focus only on my loved ones' views.





VEST STRADIVARIUS 9995 HUF  
PANTS STRADIVARIUS 11 995 HUF  
BALLERINAS STRADIVARIUS 14 995 HUF  
HAT PARFOIS 9995 HUF  
EARRINGS BIJOU BRIGITTE 4990 HUF  
NECKLACE BIJOU BRIGITTE 6990 HUF





***Do you dare to show your followers the more difficult moments of your life? Do they demand to see the slumps, too?***

It is difficult to be very open to the larger public, as you are too exposed to others' opinions. I try to protect my privacy and keep to myself as much as I can, but at the same time I like sharing with my followers the fact that I am human just like anyone else, and I have my flaws and bad days, too.

***Environmental protection—nowadays this topic pops up in more and more videos. How important is it in your life? Do you find it easy to live by the rules of low waste and to reduce your use of plastic?***

I have always been interested in environmental protection and have an increased focus on our planet. I am neither perfect nor fully low waste, but I'm making an effort to use only as much plastic as is absolutely necessary in my daily life.

***If I asked you what the main goal of your videos was, what would you say? Who do you want to educate? What would you like to show the world?***

My main purpose is to bring joy and smiles to others' life through my videos. I try to represent a positive outlook and the belief that we need to be honest about who we are.

***What are your plans for the future? You're still terribly young, so what do you want to be when you "grow up"?***


This is a difficult question, as I am interested in a lot of things, and my imagination is running wild. I wish to stay in the realm of media by all means, I love creative stuff, being in front of the camera, but I have no set answers to this question yet. I am excited to find out what's in store.





CARDIGAN 4\_SKANDINAVIA 17 990 HUF  
KNIT TOP H&M 9295 HUF  
SKIRT 4\_SKANDINAVIA 13 750 HUF  
BOOTS CCC SHOES AND BAGS 29 995 HUF  
HAT PARFOIS 9995 HUF  
SUNGLASSES PARFOIS 3995 HUF  
EARRINGS BIJOU BRIGITTE 5990 HUF  
GLOVES BIJOU BRIGITTE 6990 HUF



A woman with brown hair and a white hair clip is sitting on a green and gold patterned sofa. She is wearing a white coat with a large fur collar, a white skirt, and white lace-up boots. She is holding a small, light-colored quilted bag. The background features a wooden cabinet with a decorative urn on top.

COAT GUESS 150 000 HUF  
SKIRT GUESS 55 000 HUF  
BOOTS GUESS 70 900 HUF  
HAIR CLIPS (2PC) PARFOIS 1995 HUF  
EARRINGS BIJOU BRIGITTE 4990 HUF  
BAG GUESS 52 900 HUF





SHIRT HOUSE 7995 HUF  
SKIRT HOUSE 7995 HUF  
BOOTS CCC SHOES AND BAGS 29 995 HUF  
EARRINGS BIJOU BRIGITTE 1990 HUF  
BELT ZARA 8995 HUF  
BAG MK LEDER BÖRDÍSZMŰ 61 999 HUF







1. CREME LIPSTICK 413 THE GIRL IN RED (3,5 G) KYLIE COSMETICS - DOUGLAS PARFÜMÉRIA 10 990 HUF,
2. MATTE LIPSTICK LIGHTS OUT (3,6 G) IT COSMETICS - DOUGLAS PARFÜMÉRIA 13 290 HUF,
3. COCO BLOOM 144 (3 G) CHANEL - DOUGLAS PARFÜMÉRIA 19 790 HUF,
4. TECHNOSATIN GEL LIPSTICK 417 (3,3 G) SHISEIDO - DOUGLAS PARFÜMÉRIA 14 290 HUF



# SKINE

1.

2.

3.

4.

1. 410 JUNGLE JADE EYESHADOW CATRICE - ROSSMANN 1189 HUF, 2. STUDIO COLOR 030 EYESHADOW MISS SPORTY - ROSSMANN 1499 HUF,  
3. 370 BLAZING BERRY EYESHADOW CATRICE - ROSSMANN 1189 HUF, 4. 08 COOKIE JAR EYESHADOW ESSENCE - ROSSMANN 899 HUF

Character is revealed not only by visible features but also by unseen attributes. One such pleasant nonverbal means is our fragrance, which, when chosen well, can have the desired effect on those around us. Arm yourself with your staple fragrance for Christmas parties and give yourself over to the most glamorous season of the year.

# THE SCENT OF THE SEASON



1. JIMMY CHOO MAN EDT (100 ML) JIMMY CHOO - DOUGLAS PARFŰMÉRIA 39 790 HUF, 2. BLUE MUSK EDT (60 ML) THE BODY SHOP 12 990 HUF,

3. BVLGARI MAN TERRAE ESSENCE EDP (100 ML) BVLGARI - DOUGLAS PARFŰMÉRIA 56 790 HUF,

4. GENTLEMAN SOCIETY EDP (60 ML) GIVENCHY - DOUGLAS PARFŰMÉRIA 41 490 HUF, 5. BOIS DE SAUGÉ EDT (100 ML) YVES ROCHER 22 990 HUF,

6. DIOR SAUVAGE EDP (60 ML) DIOR - DOUGLAS PARFŰMÉRIA 41 990 HUF, 7. BOSS BOTTLED ELIXIR EDP (100 ML) HUGO BOSS - DOUGLAS PARFŰMÉRIA 56 290 HUF



# 5. *End-of-year rejuvenation*

Outside it's snowing lightly, you can hear the sound of Christmas carols from the homes, the slightly open windows let out the smell of poppy seed rolls. Already in a festive mood? Believe it or not, it will get better! How about a hot and pampering bath with the smell of fresh pines, or an extremely light, cinnamon body lotion? An algae mask? Conjure up a SPA experience in your bathroom and be refreshed for the most glamorous season of the year.



1. LONG HANDLE BODY BRUSH THE BODY SHOP 5990 HUF, 2. THE RITUAL OF JING SCENTED CANDLE (290 G) RITUALS - DOUGLAS PARFÜMÉRIA 10 490 HUF,
3. THE RITUAL OF AYURVEDA NOURISHING BODY OIL (100 ML) RITUALS - DOUGLAS PARFÜMÉRIA 9790 HUF,
4. SERUM ELIXIR + ACIDE HYALURONIQUE EYE SERUM (15 ML) CHRISTIAN BRETON - DOUGLAS PARFÜMÉRIA 19 490 HUF,
5. ALGUE SAUVAGE & CRISTE MARINE WILD ALGAE BODY LOTION (390 ML) YVES ROCHER 4190 HUF, 6. SHEA BODY BUTTER (200 ML) THE BODY SHOP 7390 HUF,
7. ALMOND MILK SHOWER CREAM (250 ML) THE BODY SHOP 2690 HUF, 8. BODY BRUSH THE BODY SHOP 4290 HUF,
9. ORGANIC GENTLE FACE SCRUB (100 ML) DOUGLAS - DOUGLAS PARFÜMÉRIA 5290 HUF,
10. ORGANIC REFRESHING PURIFYING TONER TONIC (200 ML) DOUGLAS - DOUGLAS PARFÜMÉRIA 4790 HUF,
11. LARGE POWDER BRUSH 120 DOUGLAS - DOUGLAS PARFÜMÉRIA 6990 HUF, 12. ANGLED BLUSHER BRUSH 122 DOUGLAS - DOUGLAS PARFÜMÉRIA 5790 HUF,
13. BUFFER FOUNDATION BRUSH 101 DOUGLAS - DOUGLAS PARFÜMÉRIA 5790 HUF



# Cherchez la fragrance!

According to Christian Dior, a woman's perfume tells more about her than her handwriting. It's difficult to argue with this statement, since according to a study from last year, men remember a woman's scent more easily than the color of her eyes. Even though this overwhelming trademark is not easy to find, Fórum Debrecen is guaranteed to have the item that will become a fragrant messenger of your character. Shop around in our mall, and when you have found the one and only, a puff will be enough to become your true self without using any words.



1. AQUA ALLEGORIA FORTE BOSCA VANILLA EDP (125 ML) GUERLAIN - DOUGLAS PARFÜMÉRIA 65 790 HUF,
2. BAISER VOLÉ PARFUM EDP (100 ML) CARTIER - DOUGLAS PARFÜMÉRIA 70 790 HUF,
3. PARADOXE INTENSE EDP (50 ML) PRADA - DOUGLAS PARFÜMÉRIA 45 490 HUF,
4. LIBRE L'ABSOLU PLATINE EDP (50 ML) YVES SAINT LAURENT - DOUGLAS PARFÜMÉRIA 51 990 HUF,
5. J'ADORE L'OR ESSENCE EDP (50 ML) DIOR - DOUGLAS PARFÜMÉRIA 70 790 HUF



# A BEWITCHING LOOK

One of the most powerful weapons of a woman's charm is her look. A sensual glance is more effective than any outfit. Curve, tone, and shape your lashes, then lock eyes with the outside world so that whoever you look at should feel there is nothing so sweet as life itself.



1. HYPNOSE (6,5 ML) LANCOME - DOUGLAS PARFÜMÉRIA 16 490 HUF, 2. HYPNOSE DOLL EYES (6,5 ML) LANCOME - DOUGLAS PARFÜMÉRIA 16 490 HUF,  
3. CONTROLLED CHAOS MASCARAINK 01 BLACK (11,5 ML) SHISEIDO - DOUGLAS PARFÜMÉRIA 13 990 HUF,  
4. DIORSHOW ICONIC OVERCURL MASCARA 090 BLACK (6 G) DIOR - DOUGLAS PARFÜMÉRIA 19 290 HUF,  
5. CONTROLLED CHAOS MASCARAINK EMERALD ENERGY (11,5 ML) SHISEIDO - DOUGLAS PARFÜMÉRIA 15 990 HUF,  
6. DIORSHOW PUMP 'N' VOLUME XXL 090 NOIR (6 G) DIOR - DOUGLAS PARFÜMÉRIA 17 790 HUF, 7. NATURAL FORM (9 ML) THE BODY SHOP 6590 HUF,  
8. METAMORPOSE BLUE (8 ML) YVES ROCHER 7290 HUF, 9. TURN IT UP (9 ML) THE BODY SHOP 6590 HUF

# Put your style under the tree

With this accessory at Christmas you can't go wrong. This time-tested item is not only practical but elegantly illustrates the character of its wearer. It waits modestly on your wrist to be brought into focus at the right moment. Make a gift of style during the festive season, and take a look around in Fórum Debrecen, where you are guaranteed to find the perfect piece.



WATCH ROAMER - IT'S TIME SHOP  
122 900 HUF



POCKET WATCH  
TISSOT - BL ÓRASZALON 169 900 HUF



WATCH BERING - IT'S TIME SHOP 94 900 HUF



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WATCH CLUSE - IT'S TIME SHOP 39 900 HUF



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# Sweetie pie



SWEAT SHIRT **GUESS** 33 900 HUF  
JOGGER **GUESS** 33 900 HUF  
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It's pink, it's cute, it's fuzzy, it's curly, it's loud, it's full of life! Who says you must tone it down in winter? In the final months of 2023 pink and its hues will burn it all up. As for hairdo: not even the smallest wave can go untrendy in the coldest season of the year. Curl it up as fearlessly as you like and drive away the drabness.



**MODEL:** DZSENI FERZELE - FAIRYTAIL WORLD KENNEL, **PHOTO:** NORBERT PORCZIO, **MAKEUP:** KATE Klapka, **HAIR:** TAMÁS BALOGH

TOP ZARA 10 995 HUF  
DENIM SKIRT TALLY WEIJL 11 995 HUF  
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# Advent

## CALENDARS

# NOT ONLY FOR KIDS



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5. EUCALYPTUS AND ROSEMARY CANDLE (180 G) THE BODY SHOP 12 990 HUF,
6. HEADBAND BIJOU BRIGITTE 7990 HUF,
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8. SCARF PARFOIS 6995 HUF,
9. KEY HOLDER SWAROVSKI - IT'S TIME SHOP 33 500 HUF,
10. KEY HOLDER SWAROVSKI - IT'S TIME SHOP 33 500 HUF,
11. KEY HOLDER SWAROVSKI - IT'S TIME SHOP 37 500 HUF,
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13. GLOVES BIJOU BRIGITTE 5990 HUF,
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15. BOOTS CCC SHOES AND BAGS 16 995 HUF,
16. BUCKET HAT PARFOIS 6995 HUF,
17. KNIT BEANIE CCC SHOES AND BAGS 4995 HUF,
18. BAG PARFOIS 7995 HUF,
19. BOOTS DEICHMANN 11 990 HUF,
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21. CHRISTMAS CALENDAR YVES ROCHER 24 990 HUF,
22. JO FOSTER: AZ ÉN CSALÁDFÁM - CSALÁDTÖRTÉNETI EMLÉKKÖNYV LIBRI 7495 HUF,
23. UMBRELLA PARFOIS 6995 HUF,
24. LAVENDER & VETIVER DIFFUSER (125 ML) THE BODY SHOP 12 990 HUF



# SILVER QUEEN



BOOTS CCC SHOES AND BAGS 29 995 HUF



# SWEET 15!

The 15th anniversary is an important milestone in anyone's life. Two steps away, and you're not a child any longer but officially an adolescent. Yet, you can still enjoy the advantages of your transitory state and your carefree life. This special occasion has to be celebrated appropriately. Sparkle and party all you want, let the day be memorable! We at Fórum Debrecen are the same age as you, and have been providing birthday parties with supplies for a decade and a half, which will remain the same for a long time to come. 15 years is a lot, but there are a lot of novelties, excitement, and adventure we can look forward to together in the future, too. We can't wait. Happy birthday to us!

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JEANS HOUSE 11 995 HUF

**BOTI**  
JACKET BERSHKA 25 995 HUF  
BUCKET HAT BIJOU BRIGITTE 5990 HUF

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PUFFER JACKET BERSHKA 16 995 HUF  
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LILAC BAG PARFOIS 12 495 HUF  
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**PANNI**  
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BUM BAG BIJOU BRIGITTE 9990 HUF

BAG PARFOIS 19 995 HUF

BALLERINAS STRADIVARIUS 14 995 HUF

BAG PARFOIS 7995 HUF



# Small but smart

Don't think that chic is the privilege of adults! This Christmas the small'uns too can flash their smiles in outfits evoking British parties, being not only stylish but also snug as a bug. For classic trends have no age limits.



1.

2.



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1. NASA MARS ROVER LEGO - JÁTÉKSZIGET 39 999 HUF, 2. SUIT H&M 19 495 HUF, 3. BLAZER COAT ZARA 17 995 HUF,  
4. HARRY POTTER - VARÁZSALMANACH LIBRI 19 990 HUF, 5. BOW TIE H&M 2495 HUF,  
6. SAMSUNG GALAXY TAB S9 FE 128 GB WIFI SAMSUNG EXPERIENCE STORE 209 990 HUF,  
7. SONY PLAYSTATION 5 STANDARD EDITION + EA SPORTS FC 24 MEDIA MARKT 254 999 HUF,  
8. SHOES CCC SHOES AND BAGS 11 995 HUF, 9. KNIT BEANIE ZARA 3595 HUF





2.



3.



4.



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7.



13.



8.



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10.



11.

12.

1. MARTINELIA MAKEUP CASE JÁTÉKSZIGET 13 599 HUF, 2. NECKLACE SWAROVSKI - IT'S TIME SHOP 49 500 HUF,  
3. WOOL BLEND LONG COAT ZARA 27 995 HUF, 4. BAG H&M 6495 HUF, 5. E.T.A. HOFFMANN: DIÓTÖRŐ ÉS EGÉRKIRÁLY LIBRI CHECK IN STORE,  
6. BERET H&M 3495 HUF, 7. DRESS H&M 4495 HUF, 8. CABLE-KNIT ZARA 7595 HUF, 9. SKIRT ZARA 9595 HUF, 10. BALLERINAS H&M 5995 HUF,  
11. SOCKS TEZENIS 1790 HUF, 12. POPLIN SHIRT WITH KNIT TOP ZARA 9595 HUF, 13. HEADBAND H&M 1795 HUF

# #BookBoard

## 15 ARGUMENTS FOR 15 YEARS

On the occasion of Fórum's 15th birthday I collected 15 arguments in favor of reading to show why it is important not to give up on books. Popularizing reading is a pet issue as well as a mission of mine, and I grasp at every opportunity to voice my opinion on why reading must certainly become a major part of our lives; what's more, the most important part! I will cite the arguments in the chronological order of personal development, since reading is imperative not only in certain periods of our lives, but in all periods and to all ages. In some life situations, reading is a high-priority task.

### *Why reading is important:*

#### **1. It enhances trust and strengthens emotional ties**

I am talking about bedtime stories here and their importance in early years. Studies have shown that children who are regularly read to have an advantage over their peers. Reading itself—cuddling with a parent in the evening with a book—lays the foundations of a relationship of trust between children and parents that can be a resource to return to in later life. What could be more important than that?

#### **2. It enriches your vocabulary**

Let's stay with childhood for a little while. It is a widely known fact that reading enriches children's vocabulary, either by their listening to fairy tales at an early age or reading books on their own. Also, it's never too late to learn, so you should never give up on reading: as adults we need to develop our reading skills because reading makes you more learned and consequently more eloquent.

#### **3. It develops your writing skills, too**

We tend to think of schoolchildren when we hear the above statement; however, we need to make use of our writing skills in several different situations, especially when our jobs require us to do so. I wonder if all those advertising experts ever read books these days. Not to mention the parade march of social media, where anyone can express their opinion, and let's face it, your style makes a difference. I suppose people who like reading also excel at writing formal letters.

#### **4. It provides continuous workout for our brains**

A systematic reading regimen keeps your mind fit. By providing your brain cells with constant activity you can put off and mitigate the onset of old-age dementia. When picking books you should also choose something that will promote your learning (don't get bogged down in one genre). Mystery

novels, for example, develop analytical thinking, not to mention the fact that reading also expands your memory capacity.

#### **5. It develops creativity**

It's hard to argue with that. People who read stories use their minds to travel to places that they might never visit in real life. When you read a long story, you need to pay attention to a lot of details and not pass over them negligently. If you acquire this skill in early life, you'll be broad-minded and creative enough to tackle real-life situations, too.

#### **6. It enhances learning**

Never mind the many people who sniff at entertaining literature; you can learn a lot from it. In addition to learning about different locations, you can enrich yourself with new information on a national cuisine or a local custom. Books come in several different styles, and you don't necessarily have to pore over professional literature to learn something new.

#### **7. It teaches you to focus**

In today's accelerated world children's concentration skills are increasingly impaired, but adults are having a difficult time, too. It is shocking to think that now we receive as many stimuli in a day as our parents used to in a year. When we read for longer periods, we focus on the point in question and thus we learn to concentrate, which will benefit us in our studies and work. In the long term, reading books for 10-15 minutes a day will yield a positive result.

#### **8. It broadens horizons**

The more information and culture you acquire through the books you read, the more your perspective on certain situations will shift. By learning about the history of a nation, it is easier to understand the conflicts deriving from current political decisions. Then you can formulate your own opinions freely and make decisions concerning your own life, pinning the daily news on your own coordinate system enriched by knowledge.

#### **9. It makes you more human**

It is always moving to read about personal fates, especially about hardship, and I don't know anyone who isn't stopped in their tracks when witnessing horror and atrocities. I am always saddened by reading about women's living conditions that stay below 21st-century Western norms. When we read about something like that we feel for others in their life situations and become a little more empathic. Even a minimum of compassion is a hard-to-find commodity nowadays, so don't let it disappear altogether!



CSILLA TÖRÖK-PAPP

Alföld Television Business unit manager



### 10. It reduces stress

Reading as a stress management method really works. According to a study conducted at the University of Sussex in 2009, reading reduces stress by as much as 68%. Reading slows you down, loosens you up, which is why it is practical to read before going to bed. The physiological impacts of the day work to deteriorate our health, thus we must fend off stress by all means possible. Most probably you won't be able to exclude it from your life altogether, so you must find practical ways to channel it.

### 11. Reading as “me time”

It is a well-known fact that in this technological space filled with stimuli it is easy to lose track of ourselves and our own “me time”. Recreation comes in all shapes and sizes: some people do sports, others lounge in front of the TV or let themselves be ensnared by social media. I recommend weighing up the pros and cons, separating what is constructive from whatever is destructive. The aforementioned 10 arguments should suffice to make you understand: reading is an excellent way of finding some me time.

### 12. It helps you succeed

It might sound like an overstatement, but it's true: a well-read person has advantages over their peers in all scenarios. Such people are unbeatable in rhetoric and learning.

In order to become successful, you need to read a great variety of books. In addition to conveying knowledge, they fill you up with creative energy, which will generate ideas, and in turn lead to success.

### 13. It improves the quality of sleep

Relaxing sleep is everything when it comes to having energy for the following day. Not sleeping sound will have an impact on your daily activities. With quality sleep, however, you can boost your performance and after a successful day you are in a much better mental place. Reading for 10-15 minutes before going to sleep will jolt you out of your routine, and as I mentioned earlier, it will slow you down. Setting up a reading regimen can keep you in a positive spiral.

### 14. It entertains

Today we need to think twice about where we put our money, and even though we are aware that reading entertains and through recreation it can improve our mental and indirectly our physical health, we read little. I call upon those who neglect reading owing to rocketing book prices: books can be borrowed from libraries, there are book sharing platforms, online content is readily accessible, and last but not least bookstores have lots of special offers. Naturally you don't have to buy every book, but it's nice to have your favorites within easy reach.

### 15. It makes you more popular

Even though reading is a solitary business, in the long run it will develop your social skills by turning you into eloquent conversationalists and well-informed companions. And as your empathy improves, you'll find it easier to talk to people who surround you, for example, your coworkers, as a direct result of your improving social skills. By using your new skills acquired through reading, the quality of your relationships improves, too. Not to mention the fact that the less other people read, the more you'll stick out of the crowd, thereby becoming more unique and popular.



## 1. Lia Celi: TWELVE BUTTERFLIES

Lia Celi is an Italian journalist and satirist. This is her first book published in Hungarian, in which she tackles a really difficult subject matter, telling the story of twelve prostitutes. We gain insight into several lives from Jericho working girl Rahab from the Old Testament, to 18th-century Aglaia, to black Pretty Women. The book shows the social and political perspectives of each age, with special attention to constructs entangling women. No matter where these women hailed from—some from middle-class society, others from the ghetto—all became courtesans. We learn how they made use of their beauty, luck, and opportunities. The book is a portrait of twelve confident, modern heroines who fought against prejudice and shaped the world in accordance with their own minds. The topic is harsh, but the author managed to sneak in some humor between the lines.

## 2. Anne Cathrine Bomann: AGATHE

The writer is a 40-year-old psychologist from Copenhagen, and this her first novel has been translated into 20 languages. Despite her young age she created a story filled with wisdom about an older therapist who is impatiently counting down the therapy sessions to his retirement, listening to trivial problems of bored housewives on his couch, while making caricatures of them as birds. He's not sure any longer whether he might have been a pro or if he could ever help anyone. But the young Agathe makes the protagonist face his fears of intimacy and death. This rather short existentialist story doesn't show you the way but rather inspires to self-reflection.

## 3. Ambrose Parry: THE WAY OF ALL FLESH

“Edinburgh, 1847: A city of medicine, money and murder,” the cover advertises in golden letters. I am very fond of near-historical novels set in the past, I like those that were written today in spite of their easier language. When I started reading this book, I didn't know it was the first part of a series, because now I look at “descriptive” passages with a different eye. This is a crime story about dead young women, all killed in the same gruesome manner. Our protagonists are interesting characters: Will Raven, the medical student, the genius and deservedly renowned Dr. Simpson, and the exceptionally intelligent Sarah Fisher. The procedure of investigation is thrilling, and I admit I was surprised when the identity of the killer was revealed.



#### 4. Nathaniel Hawthorne: THE SCARLET LETTER

The novel's second edition was published in March 1850, but the following sentence from the preface is still rather timely: "The author is constrained... to republish his introductory sketch without the change of a word."

We shouldn't forget that this is high-brow literature with such contemporary expressions as "public disapprobation" and "venerable personage." While the book recommended earlier is an easy read due to its modern language, this one is made more difficult by its own wording, but the experience is more real this way. The basic plot will be familiar to many, especially with regard to the fact that it was adapted to film several times, most famously in 1995 with Demi Moore. Hester Prynne commits adultery, so the Puritans publicly humiliate her in the town square together with her child and compel her to wear the scarlet "A." In my opinion, the story's significance for our time is that stigmatization is still a widely used method in certain situations.

#### 5. H.G. Wells: THE WORLD SET FREE

The World Set Free is a piece undeservedly forgotten in Herbert George Wells's rich oeuvre. This daring vision of alternative history from 1913 draws a future imagined by the author up until the mid-20th century. It is eerie to read Wells's works today, after what we know about all the historical events. It is not an easy read, and the text is somewhat overcomplicated, but knowing whatever Wells writes practically happened in one way or another takes the work to the next level. The establishment of a World State triumphant over economic self-centeredness and narrow-mindedness is still some time away, but being aware of the current political efforts, it might not be the perfect solution either. If you know about an author who is comparable to Wells today, please tell me—I am curious to read their work.

#### 6. Luciano Wernicke: DARK GOALS

The book that I didn't finish... The truth is that football is not my cup of tea, but I'm surrounded by men who love it and I wanted to favor them with this review. No one can miss a goal reading this book because it's based on historical and sports historical research that can provide anyone with new and interesting knowledge. Some important shapers of 20th-century history such as Benito Mussolini, Adolf Hitler, Evita and Juan Perón, Augusto Pinochet and the drug baron Pablo Escobar all found football to be a means for rousing in their people the passion for the nation, for manipulating the masses, and for lengthening their reign. They gave the people "bread and circus" through football, and this volume sums up all the important moments in 230 pages.

#### 7. Matthew McConaughey: GREENLIGHTS

I picked up this book with great curiosity as I had been eyeing it for some time. I started reading it because somewhere back I was informed that it was written for men and it would fit right in with this trio of books. I felt a dissonance while reading it, trying to find the author's motivation to write: was he in need of money? Or did he just want to show the world the ups and downs of his life? The experience is still very fresh to say something clever about, because due to the divergent train of thought I was oftentimes confused. I must admit some of the thoughts on the notes are exciting, unique, and useful, and I liked how this celebrity—often called a beau—sometimes indulges in self-reflexivity. However, I was still missing something, and thus I found the book to be dishonest. For instance, his relationship with his parents should have had the direct outcome of some trauma and the processing thereof, but you find nothing of the sort here. To me, if you're honest only halfway, you're not really honest.



#### 8. Roxie Nafousi: Manifest: 7 STEPS TO LIVING YOUR BEST LIFE

Manifestation is the ability to create exactly the life that we would like to live. This summary is a guide for everyone who aspire to more. The author conveys her knowledge based on her own experiences, and she doesn't stop there: she provides practical know-how. If you are not familiar with the terms visualization, dream table, mantras, raising your vibration by positive thinking, self-reinforcing suggestions, gratitude list, self-love, then this book can give you something new. If you have already dealt with such and you have read The Law of Attraction and The Secret, then this volume will only serve to refresh your memory in 7 steps. The upside must be that the book is infused with the author's honesty and that her practical attitude can really help a lot of people.

#### 9. Jen Sincero: YOU ARE A BADASS

You Are a Badass is a cool new self-development book for people who are bent on improving their quality of life. Successful coach and world traveler Jen Sincero's refreshingly entertaining guide provides the reader with 27 chapters' worth of funny and inspiring stories, seasoned with a pinch of swearing. It's not a deep, spiritual book, but rather belongs in the range of practical self-help works. Something that was conspicuous was that she writes a lot about self-love, returning to the topic in each chapter. The morale is: it is most important to acquire this skill. The book's sense of humor is a plus, even if it's rather bizarre in places, such as in the passage about the body.





## 10. Dr. Henry Cloud & Dr. John Townsend: HOW TO HAVE THAT DIFFICULT CONVERSATION YOU'RE AVOIDING

The book helps you develop your ability to confront others and learn that undertaking conflicts and honesty are not contrary to love, what is more, conversations clarifying things can make relationships stronger and safer. The authors provide practical ideas, suggestions, and illustrational dialogues to show how a cooperative attitude without judgment promotes constructive problem resolution. I "bought" the argument already when reading the table of contents: "Conversation can change your life," "Clarify the problem," "Be emotionally present," to list only Part I. In Part V there are several examples of confrontations in relationship types and dialogues demonstrating how to communicate.

## 11. John Boyne: THE BOY IN THE STRIPED PAJAMAS

A harrowing story of a nine-year-old boy whose father is the director of a Nazi death camp. The family moves next to the lager and the bored, lonely Bruno goes on to explore the premises along the long and high fence. I was really curious about this book as I read some negative reviews about it. As the mother of a young child it was a difficult read. Bruno's youthful ignorance and sometimes dull amazement is strange, although it is obvious his family guards him against reality. He doesn't even know the word Jew, which would perhaps be realistic if his father weren't the head of a death camp. His childlike curiosity is described expertly and is not overexplained. Besides the main plot the life stories delineated here are also intriguing: those of the doctor, the fugitive teacher, the chambermaid, the camp commander. I would definitely show the last sentence to several decision-makers: "Nothing like that could happen again. Not in this day and age"

## 12. Marie Pavlenko: I AM YOUR SUN

Pavlenko acquired her masters in modern literature at the Sorbonne-Nouvelle. She lives in Paris and has been a journalist for 15 years. She wrote this story in 2017. Déborah starts her final year at school not having a pair of shoes, because Isidore, a dog found in the street, passionately chews all of them to rags. But this is not her biggest problem. Her father has left the family for another woman, which leaves the mother in pieces. Déborah needs help, friends, and courage to survive living with her depressed mother. All of that is delivered with a sense of humor and self-irony. After I got over the simplicity of the first-person present-tense text, I was able to put myself in the shoes of this young girl. The morale for me: parenting is a great responsibility throughout our lives.

## 13. Sarah Hogle: YOU DESERVE EACH OTHER

This book is like an action-packed movie. The actors are great and as loveable as they are detestable. Many times they are annoying, but all's well that ends well. According to the story, the "happily ever after" is much more complicated in this viciously funny romantic comedy, where lovers become enemies, then turn into lovers again. Naomi's fiancé is the perfect guy, they never have rows while preparing for their wedding. Yet, Naomi wants out, but there's a little problem: the party that breaks off the engagement must pay the non-refundable wedding costs. This is where it starts to get exciting with tricks, escapades and sabotage as well as full emotional warfare. That's all I can give away without spoiling the fun.

## 14. Libby Scott & Rebecca Westcott: CAN YOU SEE ME?

I have nothing but respect for conscious parents raising autistic children, because they don't bury their head in the sand but do whatever is best for their child. This condition is a great ordeal for any family. More books like this should exist. The blurb reads, "in the story Tally is not ashamed of her autism, as however hard it makes her life on some days, it is an organic part of what she is. Yet, now she's a freshman at Kingswood Academy, and only her best friend knows that she has autism." Interestingly enough, the parents haven't told the teachers about Tally's condition even though doing that they could have prevented several problems. Can You See Me? Is an honest and moving story of how we find our real place in the family, in school and in the world.



## 15. Linn Painter: BETTER THAN THE MOVIES

In this rom-com about a rom-com, a hopelessly amorous teen is trying to get closer to the boy she laid eyes on a long time ago and who she worships, but she needs to enlist the help of the boy next door. Reading the book I kept having a feeling as if I had already read this story somewhere, and then I realized: it owes just so much to the clichés of romantic films. First I liked the references to Gilmore Girls and other cult series and films, the playlists and everything, but then the book failed to move on from there. Figuratively speaking, at the ball we dance in the same shoes that we stepped in on the first page. I could say you need more than that for a good book, but I have to admit I was suitably entertained.

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# NATURAL BEECHAMNCE







Everyone needs to escape the rat race once in a while, and no place is more suitable for that than nature. Chirping birds, the forest shouting its silence, a crackling fire, soothing colors. This naturalism rules men's fashion this season, dominated by raw primeval power, elegance, and earth tones. Rev up the horsepower and don't you stop until you get to the great outdoors, where you can tone down the racket of everyday life—all in style, of course.

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# Ginger beet soup

with soft goat's cheese  
and walnuts

## Ingredients:

- 5 beets
- 5 dkg butter
- 1 onion
- 1.5 l water or stock
- 1 mildly sour apple
- salt and pepper to taste
- 1 piece of ginger the size of a walnut
- 1.5 dl cream
- 10 dkg goat's cheese
- 5 dkg walnuts

Peel the ingredients, mince the onion and dice the beets and apple, then grate the ginger. Steam the onion on some butter, then pour in the water or stock, and add the diced beets. When the beets have become near tender, add the apple and ginger. When all is tender, pour in the cream and use a stick blender to blend it all together until smooth. Take a sampling and if necessary sprinkle with a little salt. Serve with soft goat's cheese and roasted walnuts.



# ROSÉ DUCK BREAST,

*pumpkin paté with oranges, roasted pine nuts, purple cabbage strudel*

## Ingredients to serve 4:

- 4 duck breasts
- 1 pumpkin
- 2 oranges
- 50 g butter
- 1 head of purple cabbage
- 3-4 tbsp sugar
- 1 onion
- 80 ml red wine
- 1-2 tsp balsamic vinegar
- salt and pepper
- 1 packet strudel dough
- 100 g pine nuts
- 1 egg

## Directions:

Grate the purple cabbage for the cabbage stuffing. Pour the oil in a bigger pot, add sugar and caramelize it, throwing in the finely chopped onion and caramelize it, too. Add the grated cabbage and sprinkle with salt and pepper. Add red wine and balsamic vinegar, steam until tender, then set aside to cool. After the cabbage has cooled down, stuff the strudel dough with the mass and roll it up. Place it on a baking paper in a pan, glaze with the whisked eggs, and sprinkle some pine nuts on top. Bake in an oven at 180 degrees for 30 minutes until golden brown.

Clean the duck breasts and make a few slits, then season with salt and pepper.

Clean the pumpkin and remove the seeds, then divide it into chunks. Fry the chunks in olive oil in a big pot until slightly brown. Add the pulp of a cleaned orange, then press the juice from the other orange, sprinkle with 1-2 tbsp sugar and season with salt. Steam under a lid until soft, then use a stick blender to make it creamy, and add a dice of butter to make the mousse even more silky smooth. Sauté the duck breasts in a heated pan, skin-side up, then bake in an oven at 200 degrees for 10 minutes until done.

Serve the pumpkin paté and duck breast with a slice of strudel. Add pine nuts to taste.

Enjoy your meal!



# WHITE CHOCOLATE POPPY-SEED SOUFFLE

*with lingonberries and rosehips*



## Ingredients to serve 4:

- 40 g butter
- 100 g white chocolate
- 2 eggs
- 2 egg yolks
- 120 g granulated sugar
- 100 g flour
- 20 g poppy seeds
- peel of 1 lemon

## Lingonberry stew ingredients:

- 250 g lingonberries
- 100 g granulated sugar
- 100 g rosehip jam
- 1 tbsp starch

## Directions:

Melt the butter with the white chocolate over steam, then leave it to cool.

Whip the two eggs and two yolks with sugar until foamy. Add to this the melted white chocolate, then mix in flour, poppy seeds and lemon peel. Pour the mass into a souffle mold and bake for 10 minutes at 200 degrees.

Boil the lingonberries with a little water and sugar. Then add the rosehip jam and with the starch thicken until creamy.

Serve the freshly baked souffle with the lingonberry stew.



THE RECIPE COURTESY OF  
DEBRECEN LEROY CAFE.

THE FOODS HAVE BEEN PREPARED  
BY ENIKŐ BÖKÖNYI,  
CHEF OF LEROY CAFE DEBRECEN.



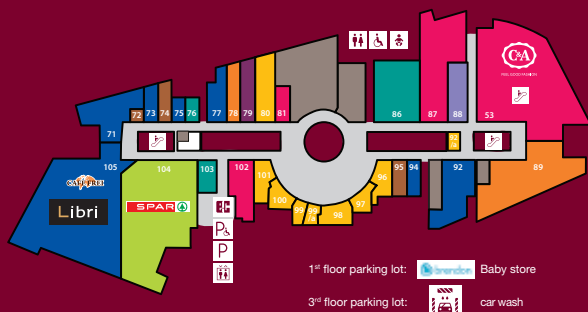
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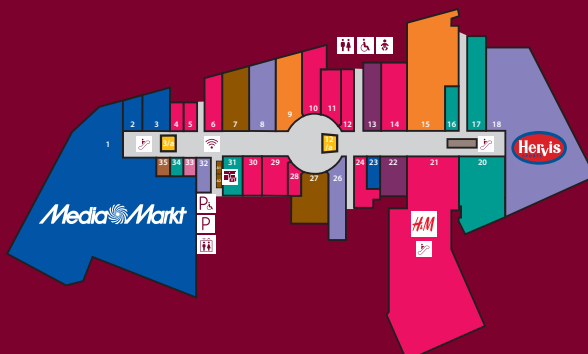
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