MEGAN NICOLE BARKER GRAPHIC DESIGN





The Bomb Booch

Brand Identity

Brand identity and packaging for a fresh, alcoholic kombucha drink.



the Bound



The Bomb Booch is a set of 4 hardcore kombucha drinks.

The concept is inspired by bright and funky retro stickers from the 90's. For a modern twist using "emoji" style bomb illustrations for each flavour. Each label has a sassy and feminine conceptual name that matches with varying faces of each "bomb".

The lips, colours, and sunglasses change for each can, representing the different moods and personalties of the target audience. The lips from each face is also used as a background pattern for each can. Each conceptual name has a cheeky and lighthearted undertone to match with the young, feminine vibe of the brand. **Process**

Topic: Four-pack of Alcoholic Kombucha

Potential Names

1. THE BAD BOOCH 2. THE BOMB BOOCH 3. BOOZY BOOCH 4. BOOCHIE MAMA

Potential Tagline

1. UNLEASH YOUR INNER BADDIE 2. NOT YOUR BASIC BUCHA **3. THE HARDCORE KOMBUCHA**

Unique Flavours

1. KISS MY PEACH peach, pinapple, vodka

2. RIPE & READY lemon, campari, ginger, gin

3. LET THAT MAN-GO mango, lime, vodka

4. HONEYDEW ME honeydew melon, mint, gin

Location: Victoria, BC Canada

- Victoria is known as the City of Gardens
- It is the capital of BC
- Canada's Best City to Live in for Women
- Chinatown is the oldest in Canada
- The Parliament Building, Inner Harbour, Beacon



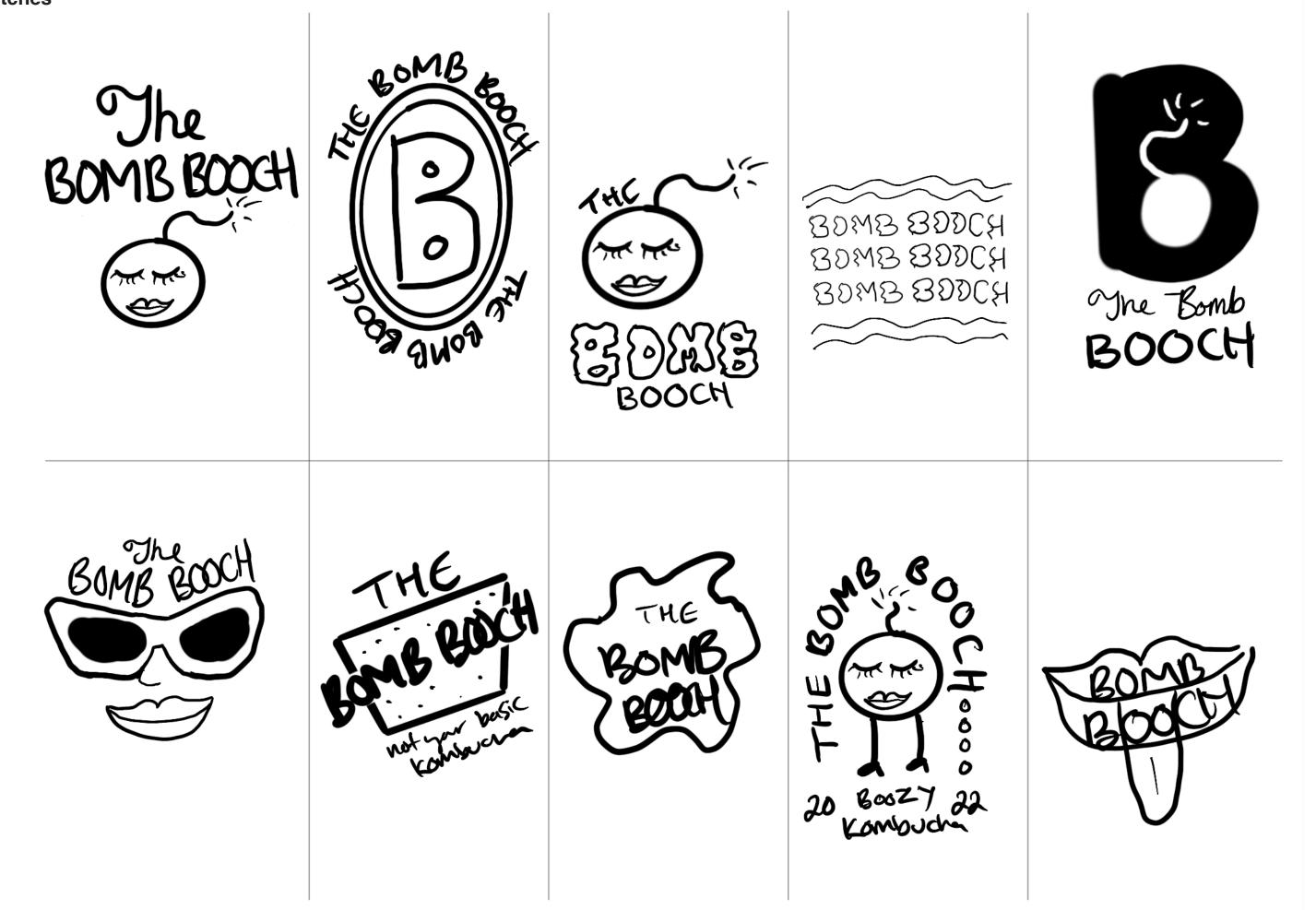


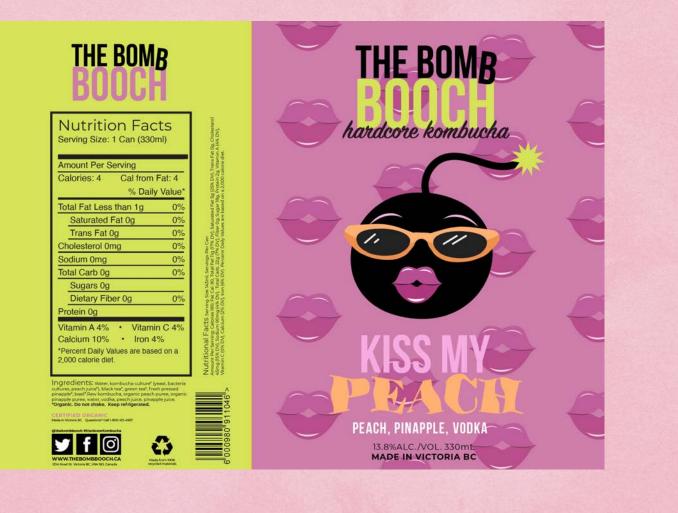


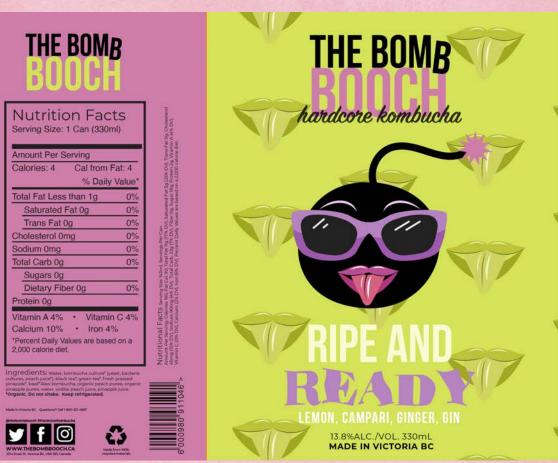


1

Underwater Love









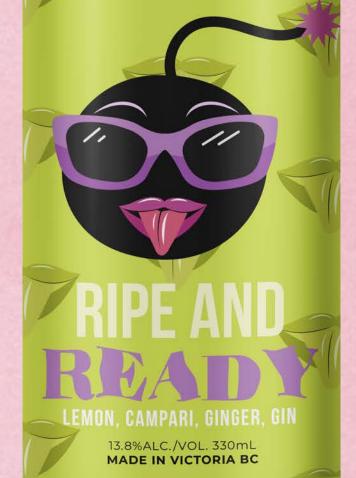








13.8%ALC./VOL. 330mL MADE IN VICTORIA BC THE BOMB hardcore kombucha



THE BOMB hardcore kombucha

> MANGO, LIME, VODKA 13.8%ALC./VOL. 330mL MADE IN VICTORIA BC

LET THAT



HONEYDEW MELON, MINT, GIN

13.8%ALC./VOL. 330mL MADE IN VICTORIA BC

Smooth Operator

Brand Identity

Brand identity, packaging & app design for a mocktail bar & lounge.







Smoothie bar by day, mocktail lounge by night – inspired by the soulful music of Sade.

Smooth Operator takes a modern twist on old school jazz, soul, and funk lounges in Chicago from the 80's/90's. The mic represents music, as their would be live jazz/funk/soul music performers on weekends and a DJ playing smooth classics during the week.

The neon sign inspired font, is more complex than the more common ones you see. This is to give a distinctive and highend and modern look while still paying tribute to the classic neon signs you would find in traditional jazz lounges.

Inspiration Board/Concept

Smoothie + Juice Bar (day) Mocktail + Music Lounge (night) Gastown, Vancouver

Possible Names

Smooth Operator
The Cat's Meow
Sweetest Taboo

Possible Concept Statements

Nourishment for the soul
Energize Your Soul
Jazz Up Your Soul

Design Rationale

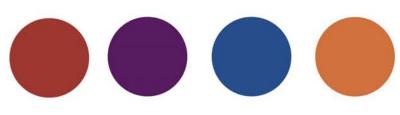
The concept is originally inspired by the sweet soulful music of Sade and her overall genre of soul, funk and jazz. For the aesthetic of the smoothie bar/lounge I wanted to incorporate the design and feel of 70s-80s music scene in Chicago and New York jazz and soul lounges. The name of the smoothie bar "Smooth Operator" is a song by Sade that came out in the early 80's and would be a smoothie bar by day, and a non-alcoholic cocktail lounge with live music at night. All food would be raw plant-based. C.

Typography (Phosphate/ Brown Volky)

SMOOTH OPERATOR PLANT-BASED SMOOTHIE BAR & LOUNGE

SMOOTH OPERATOR PLANT-BASED SMOOTHIE BAR & LOUNGE

Colour Palette:





THE P

Cola



Logo Sketches

















SMOOTHIE BAR & MOCKTAIL LOUNGE

















Chosen Direction



STYLE 01: FUNKY FRESH JUNGLE

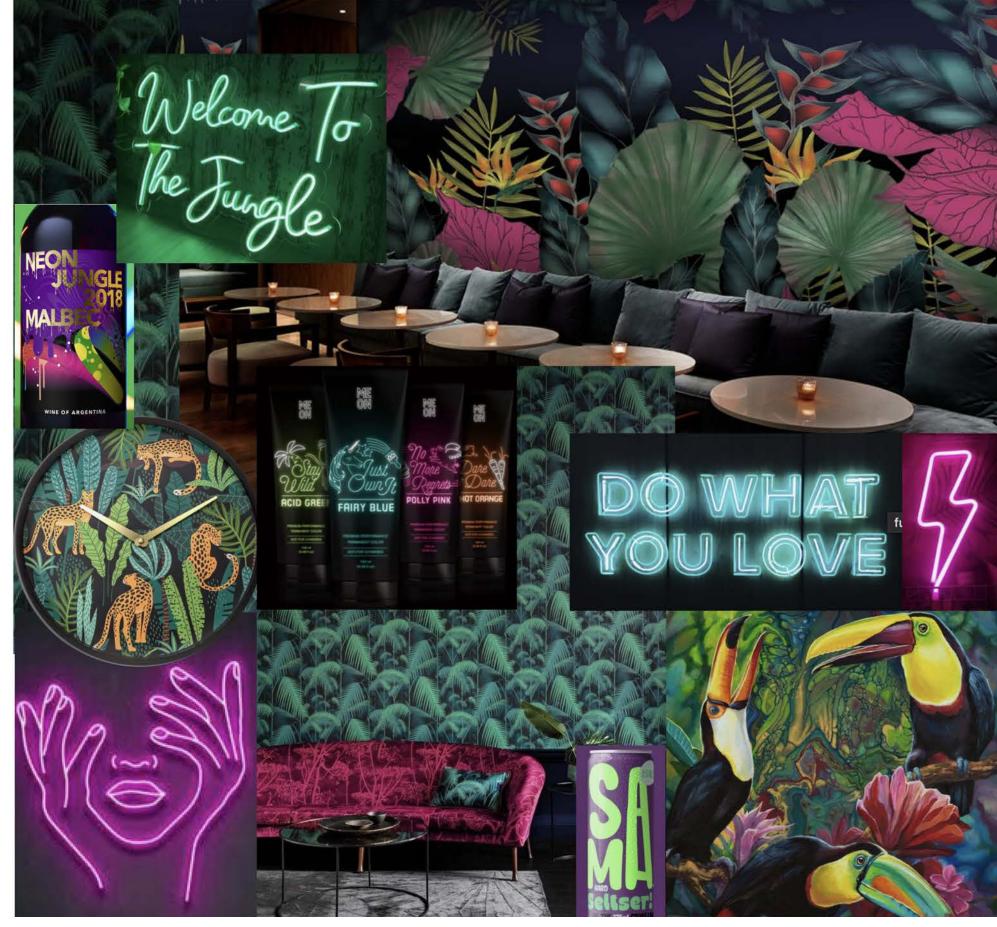
Bringing neon lights to the jungle. This style has a focus on bright neon signs with art and quotes combined with dark tropical wallpapers, plants and decor. Creating the perfect setting for a fun, trendy night out where you can drink nourishing mocktailes and enjoy the music and vibes. This style will give plenty of neon colour options with dark backgrounds for drink packaging and products.

KEYWORDS

Young	Dark	Chill
Vibrant	Trendy	Artist
Funky	Smooth	Tropi
Urban	Cool	Sexy
Neon	Fresh	

stic ical





PANTONE RHOD C **PINK PANTHER**

PANTONE 3278 C **MEAN GREEN**

PANTONE 2354 C **PURPLE RAIN**

PANTONE 7368 C **ELECTRIC EEL**

PANTONE 9770 C **MIDNIGHT LADY**



Signature mocktails, each named after a song by Sade



SIGNATURE MOCKTAILS



SOLDIER OF LOVE

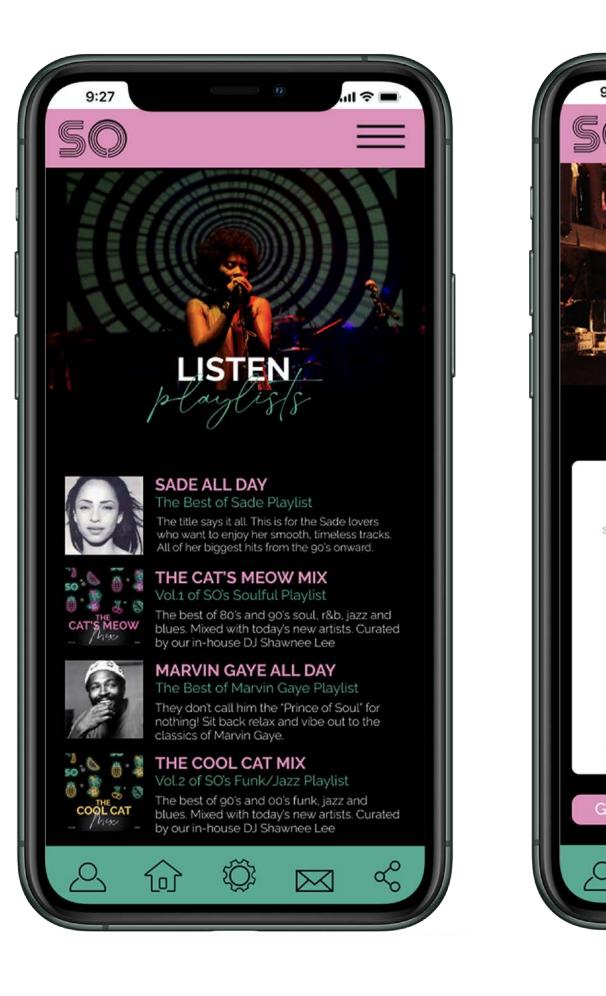


275 ML



Mocktail mixers (spices, sugars, & dried fruit)





Smooth Operator App







Smooth Operator App







Esoteric

Magazine Editorial

FEATURE 01 CONT. STEPPING INTO THE LIGHT

"I think all boundaries start to really set in stone where we're like, 'I used to take "I think all boundaries start to really set in stone where we re like, if used to take that in my twenties?" Harnett tells Billboard over Zoom, glowing beneath the sunthat in my twenties? Harnett tells Billboard over Zoom, glowing beneath the sun-light from her short stint in Mexico City. "I feel like at 30, life's just begun. Because in your twenties, you're scared and can't make sense of anything. I because in your twenties, you re scared and can't make sense of anything. I feel my youngest now, which is really weird. My inner child is so activated." Billboard spoke to Harnett about the album's self-reflective themes, and what but poard spoke to Harnett about the about is self-reflective themes, and what she's learned about herself. "What makes you stand out, especially with this new she's learned about herself. What makes you stand out, especially with this new album, is the level of intimacy. I feel like I'm listening to a page out of your diary." I can't write unless something's happened. I do feel like when it's real and a true real twrite unless something's happened. I do reer like when it's real and a true reflection of life, then I can't cringe myself out. 'Cause I'm like, "But it's real, babe. So just relax." A lot of artists go through the machine of writing with loads of top So Just relax. A lot of artists go through the machine of writing with loads of the writers and people with No. 1s. When I was doing that, it was really hard 'cause it just writers and people with No. 15. when I was doing that, it was really hard cause it just didn't feel right. So yeah, I think intimate is definitely a good describing word for it. The catalyst for it is when I was kind of into someone and then they were like, "We're not really The catalyst for it is when I was kind or into someone and then they were like, we re not really ready yet." I was like, "What more do you need?" And then the other side is — why aren't I ready for my glory? It's a little bit annoying 'cause I'm grinding, so the time will come. But when you say, "Why is everyone sleeping on her?" It makes you feel sometimes like you're not doing enough. So that side of it is also for me to stop using ready as an excuse — the time is now. Last year So that side of it is also for the to stop using ready as an excuse — the three shows have helped me to just learn and actually accept who I was and not feel embarrassed or change You've got to be proud because I think we don't have our moment (in) we deserve it. And that's a struggle that so many poort



Nameplate and layout for a creative high-end, quarterly magazine.

ESOTERIC

A COLLECTIVE OF CREATIVE EXPRESSIONS

SSUE ONE: WOMEN ON THE RISE | VOLUME ONE: SP22

STEPPING INTO THE LIGHT WITH SINEAD HARNETT

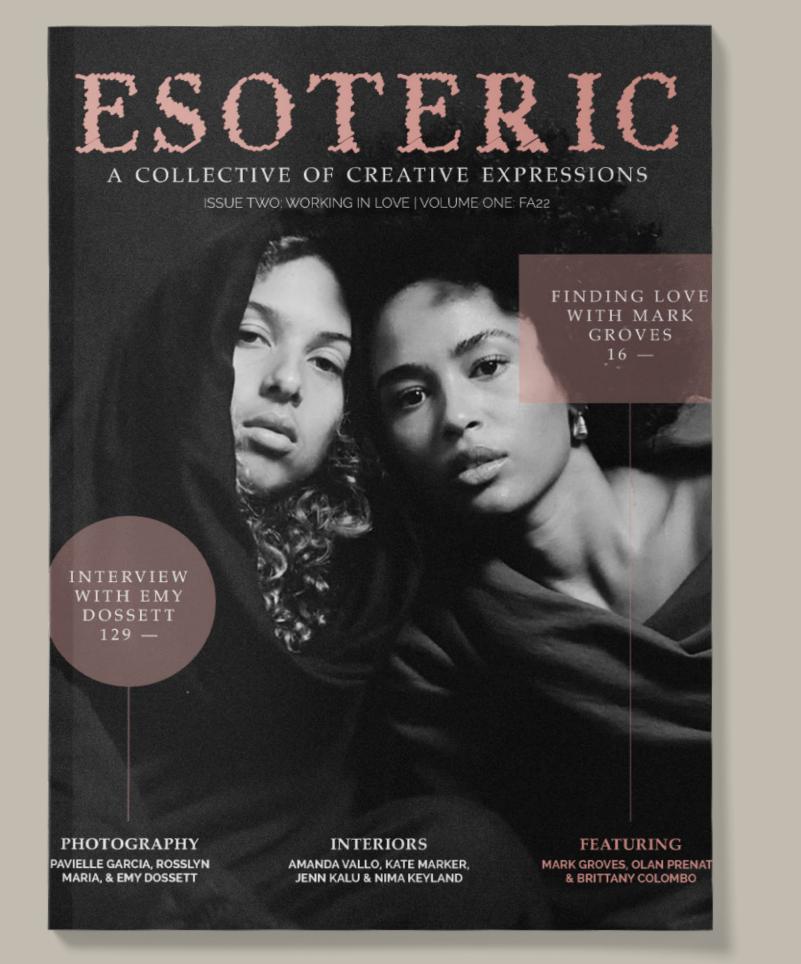
INTERVIEW WITH POET RUPI KAUR

POETRY PAVANA REDDY, RUPI KAUR, ALEX ELLE & NATALIE JEANTY PHOTOGRAPHY PAVIELLE GARCIA, EMILIA ROCH, AVERY SWAIL & SARA SHAKEEL FEATURING SINEAD HARNETT, CAROLINA REYES, & VIVIAN HOORN

Esoteric is a minimalistic, creative magazine featuring artists and creators from around the world.

The design was aimed to be simple but significant. With a focus on beautiful typography, grids, lines, and minimal use of colour, every placement of elements is intentional and pays attention to small details while keeping a consistent style across all pages.

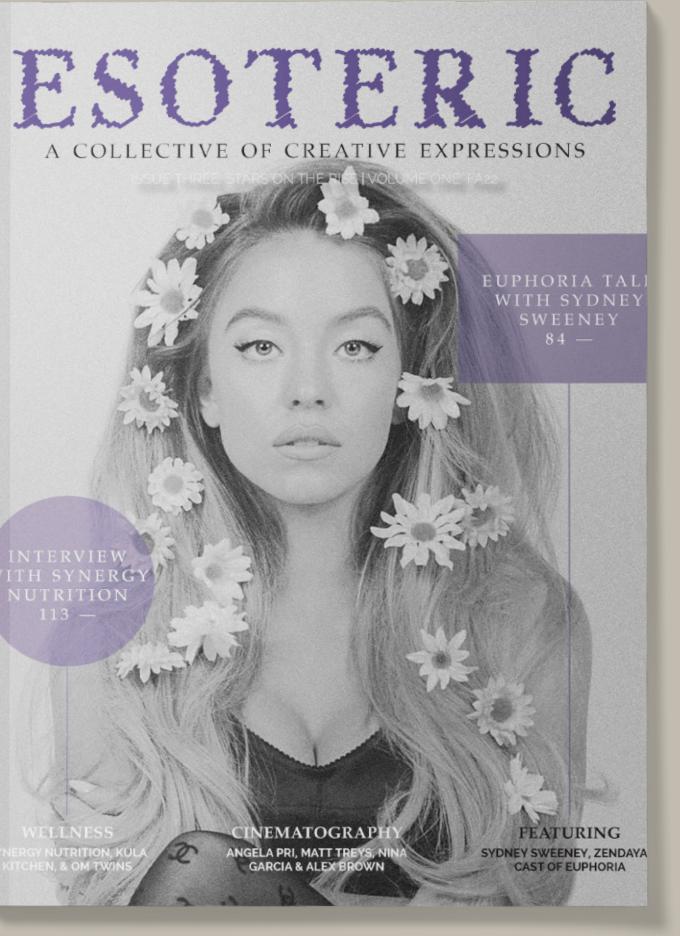
The style is inspired by nature photographer who use black and white edits and contrast to create a dramatic mood. The featured layouts are meant to be asymmetrical but balanced. Each page uses a thin line to connect images or text, as well as transparent pastel coloured blocks.



A COLLECTIVE OF CREATIVE EXPRESSIONS

TH SYNERG NUTRITION

Covers for Issue Two and Three



Mood Board

Potential Names

- 1. ESOTERIC
- 2. DeForm
- 3. ULTRA

Potential Taglines

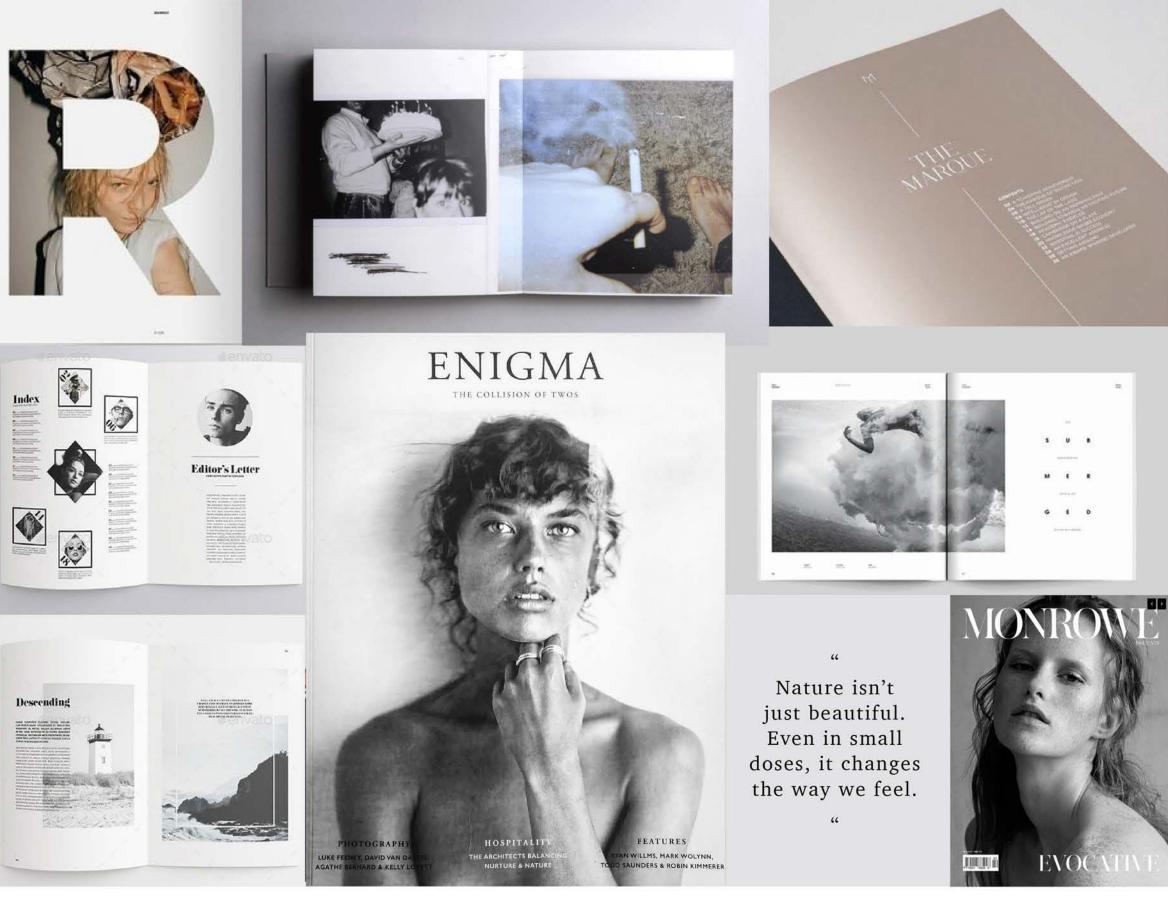
1. A Future by Design 2. The Creative Collective 3. The Modern Expression

About

High-end minimalistic, creative magazine featuring artists and creators from around the world. Using black and whit photography and minimal low saturation colours.

Possible Typefaces

FJALLA ONE MASVIS SAFIRA HELVETICA







CONTENTS

SINÈAD HARNETT

Stepping Into the Light 4-

TEN ARTISTS

Contemporary Female Artists You Need to Know 8—

RUPI KAUR

When We Connect We Feel Less Alone 110 —

SARA SHAKEEL

The Creative Process 144 —

EMILIA ROCH

Being Your Muse 132 —

FINDING YOU

Poetry collection 419 —

EMILY WRIT

Living Authentic 163 —

LIZ FINDET

New Perspectives 192 —

MOTHER MAGIC

Exploring Nature 199 —

WISE WOMAN

Collection of Photos 211 —

CREATING

Getting Past Creative Blocks with Emily Writ 220 —



VOLUME ONE

Esoteric is a quarterly magazine made in Vancouver, Canada. Each issue features a small, carefully chosen collection of creative expressions from around the world and focuses on: photography, art, culture, poetry, philosophy, music and design. It's purpose is to spotlight diversity in creativity, share new perspectives and connect a small community of art lovers and designers alike.

CONTRIBUTORS

Anita Bell Michelle Smiths Amanda Edwards Andrew Morte Megan Barker Alex Fuster

FOUNDER, DESIGNER & EDITOR

Megan Barker

COVER PHOTO & MODEL Sinead Harnett by Ana Tanaka

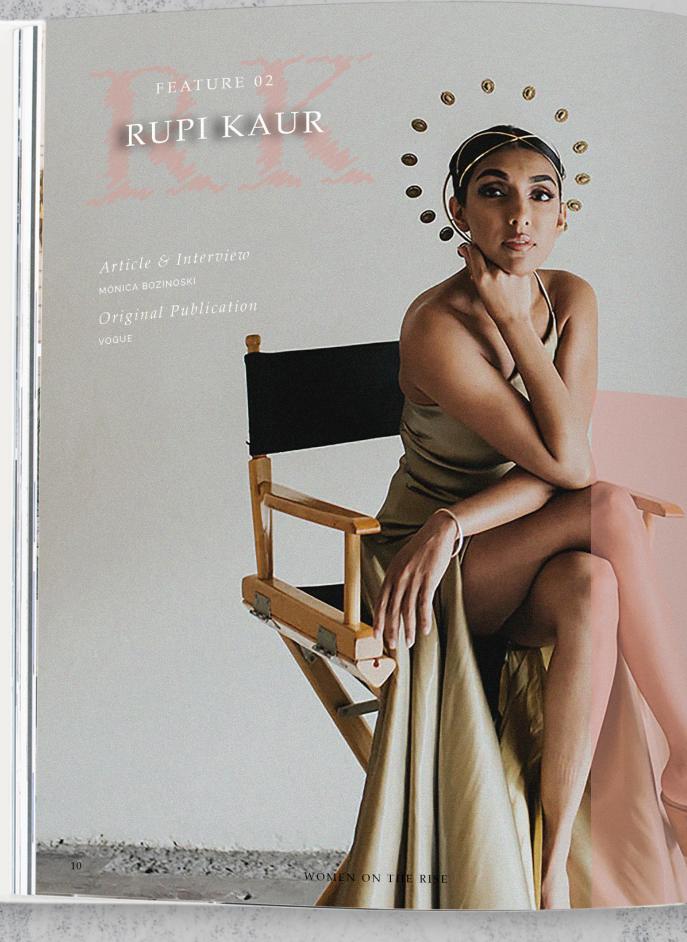
WWW.ESOTERIC.COM | INFO@ESOTERIC.COM

© 2022 Esoteric All rights reserved. Nothing from this magazine publication may be reproduced in any way or form, in whole or in part without permission from the founder and publisher.

ESOTERIC

WOMEN ON THE RISE

3



"For me, being a feminist means to uplift all those who are oppressed. To sit at the intersections, to uplift people of colour, LGBTQ, immigrants. People who are marginalized based on their caste or socioeconomic classes."

When we don't have the words, Ru Kaur writes them.

When we don't have a roof, Rupi Kaur embraces us. A when we don't have the strength to be ourselves, it wi be in Rupi Kaur that we will find everything we need return to who we are.

Maybe you've heard her name. Maybe you remember Maybe you forgot it in the middle of so many others. M you know who she is, even if you just read about her is article about normalizing menstruation. Maybe that image of a woman laying in bed with a red stain in her p shocked you to your core. Maybe it made you feel emp ered, understood and represented when someone shart with you. Maybe you've seen her poems on your Instage feed. Maybe you didn't like them. Or maybe you have them ever since, feeling less alone because of her wo pi

nd 1 0

it. ybe an the nts owd it am ead ds.

ESOTERIC

what is stronger than the human heart which shatters over and over and still lives

rupi kaur



HONEY Ω Z A М MIL

Rupi's collections of poetry, milk and honey has sold millions of copies and been translated in over 42 languages. Her work touches on love, loss, trauma, healing, feminism, and migration.

Words & Art by RUBI KAUR



every time you tell your daught you yell at her out of love 'ou teach her to co. ger with kindger with kind hich seems like a good i till she grows up to ause they look so r ike you

what terrifies

me most is how we foam

at the mouth

with envy

when other succeed but

being human

- rupi kaur



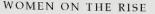


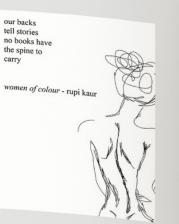
we are all born

the greatest tragedy is eing convinced we are no

this is the recipe of life said my mother

sigh in relief when they are failing our struggle to celebrate each other is what's proven most difficult in





FEATURE 02 CONT. WHEN WE CONNECT, WE FEEL LESS ALONE

Maybe you've heard her name. Maybe you remember it. Maybe you forgot it in the middle of so many others. Maybe you know who she is, even if you just read about her in an article about normalizing menstruation.

Maybe that the image of a woman laying in bed with a red stain in her pants shocked you to your core. Maybe it made you feel empowered, understood and represented when someone shared it with you. Maybe you've seen her poems on your Instagram feed. Maybe you

didn't like them. Or maybe you have read them ever since, feeling less alone because of her words.

All of this is possible because Rupi Kaur — the proud Canadian woman, the proud Punjabi Sikh immigrant, the proud daughter of an activist refugee, the proud poet and feminist — exists. All of this because Rupi Kaur — the voice, the hand and the mind behind milk and honey and the sun and her flowers, two poetry books that can be, at the same time, our best friends or worst enemies - was never silenced.



ESOTERIC

All of this because Rupi Kaur — the love, the loss, the trauma, the healing, the femininity, the strenght, the roots, the heritage, the hope, the revolution told us "and here you are living/ despite it all".

What was your first encounter with poetry? What fascinated you the most about it? My first encounter with poetry was probably when I was a very little girl. Poetry is something that I was constantly surrounded by while growing up. It is a large part of my faith and spirituality.

Sikh scripture written in poetic verse is sung when a child is born, it is recited when someone gets married, or when they pass.

So poetry was a part of my everyday life. I learned early on that poetry is how we can explain big ideas in simple ways. There were evenings when my dad would sit around for hours, analyzing a single verse for hours. I was fascinated by how 5 words could have so much meaning. How we could dig deeper and deeper and deeper, and still there were elements left to explore.

FEATURE 01 SINÈAD HARNETT

Article & Interview BIANCA GRACIE Original Publication "I feel like at 30, life's just begun. Because in your twenties, you're scared and can't make sense of anything. I feel my youngest now, which is really weird. My inner child is so activated."

ast SA a

и с Yet alb 21) "pa Gre Iris

ESOTERIC

Since the early stages of her career, Sinéad Harnett has heard that she deserves her time to shine.

Yet she was unsure of when to take that plunge and wholeheartedly embrace her star power. The title of her sophomore album Ready Is Always Too Late, released Friday (May 21) couldn't be more fitting. The proverbial expression "patience is a virtue" is a bit cliché, but in her case, it's true.

Growing up in North London to a Thai mother and an Irish father, Harnett got her start after a friend tweeted a video of her in response to grime legend Wiley's open call for guest singers. She later appeared on "Walk Away" from his 2011 Chill Out Zone EP. Her journey has since blossomed: after establishing herself in the dance scene via collaborations with Disclosure, Ryan Hemsworth, and Snakehips, Harnett released her debut EP N.O.W in 2014.



Photography RICKY ALVAREZ, ANA TANAKA

WOMEN ON THE RISE

FEATURE 01 CONT. STEPPING INTO THE LIGHT

"I think all boundaries start to really set in stone where we're like, 'I used to take that in my twenties?'" Harnett tells Billboard over Zoom, glowing beneath the sunlight from her short stint in Mexico City. "I feel like at 30, life's just begun. Because in your twenties, you're scared and can't make sense of anything. I feel my youngest now, which is really weird. My inner child is so activated."

Billboard spoke to Harnett about the album's self-reflective themes, and what she's learned about herself. "What makes you stand out, especially with this new album, is the level of intimacy. I feel like I'm listening to a page out of your diary."

I can't write unless something's happened. I do feel like when it's real and a true reflection of life, then I can't cringe myself out. 'Cause I'm like, "But it's real, babe. So just relax." A lot of artists go through the machine of writing with loads of top writers and people with No. 1s. When I was doing that, it was really hard 'cause it just didn't feel right. So yeah, I think intimate is definitely a good describing word for it.

The catalyst for it is when I was kind of into someone and then they were like, "We're not really ready yet." I was like, "What more do you need?" And then the other side is — why aren't I ready for my glory? It's a little bit annoying 'cause I'm grinding, so the time will come. But when you say, "Why is everyone sleeping on her?" It makes you feel sometimes like you're not doing enough.

So that side of it is also for me to stop using ready as an excuse — the time is now. Last year helped me to just learn and actually accept who I was and not feel embarrassed or shameful. You've got to be proud because I think we don't have our moment 'til we really believe we deserve it. And that's a struggle that so many people go through. Have you seen Soul?

ESOTERIC

Ada & Evie

Brand Identity: Skin Care Meets Fashion

Brand identity and packaging for a luxary skin care series.





GOLDEN ALLURE APRICOT FIG TONER

Ada & Evie is a luxurious, organic skin care line inspired by the rich fabrics used in the Victorian era.

The concept for this brand was to create a high-end, all natural skin care line that captures the richness of the fabrics and layers seen in Victorian era fashion. The name Ada & Evie is also a nod to the "Adam & Eve" concept but instead, uses two female names to represent a female relationship. These names were popular during the Victorian era, Ada meaning "adornment" and Evie meaning "life".

The conceptual names for each product connects back to the Adam & Eve story as well. The design solution was to use images of rich, vibrant fabrics that have the appearance of being draped over the box packaging and using a monochromatic variation of the logo to match each product in the series. Process (Skin Care Meets Fashion) Victorian Era

Potential Names

ADA & EVIE (Ada means adornment, Evie means life)
LA FLORA
SAPLINGS

Potential Taglines

FOR NATURALLY NOURISHED SKIN
NATURALLY INDULGENT SKIN
THE RICH SKIN COLLECTIVE

About

Organic all natural skincare inspired by the rich, indulgent fabrics and colours from the victorian era. Meant to be layered and use together to maximize the results of clean, nourished, dewy skin.

Possible Typefaces

Ada & Evie **ADA & EVIE**

Skin Care

Possible Colour Palette











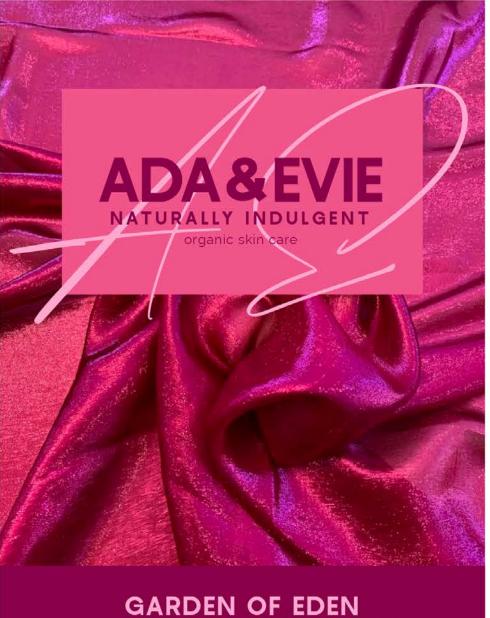




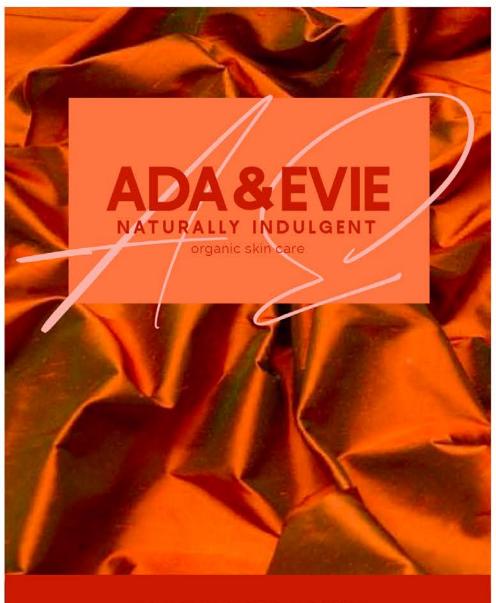




Ada & m INDULGENT SKIN CLUB A R

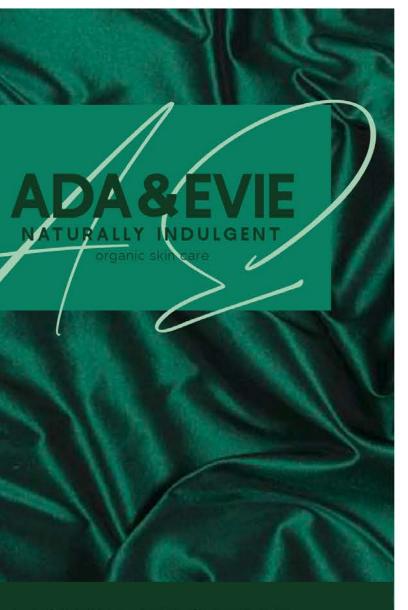


ROSE OIL NIGHT SERUM 120ml/2.0 fl.oz



FORBIDDEN FRUIT VITAMIN C DAILY SERUM 120ml/2.0 fl.oz

Flat labels for box packaging



SAULTRY SEDUCTION GRAPESEED NIGHT CREAM 120ml/2.0 fl.oz

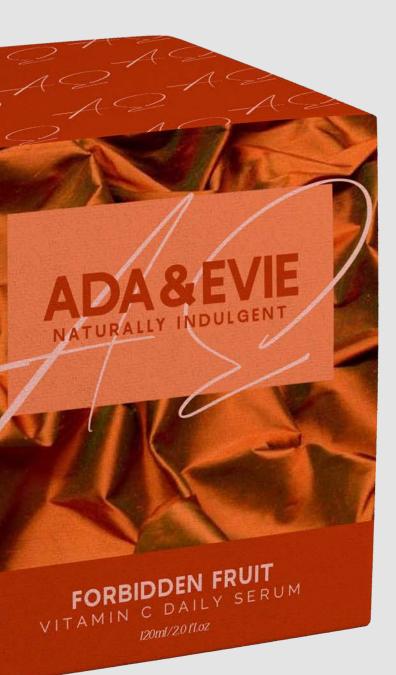


SAULTRY SEDUCTION GRAPESEED NIGHT CREAM 120ml/2.0 floz

INDULGEN

ATURALLY

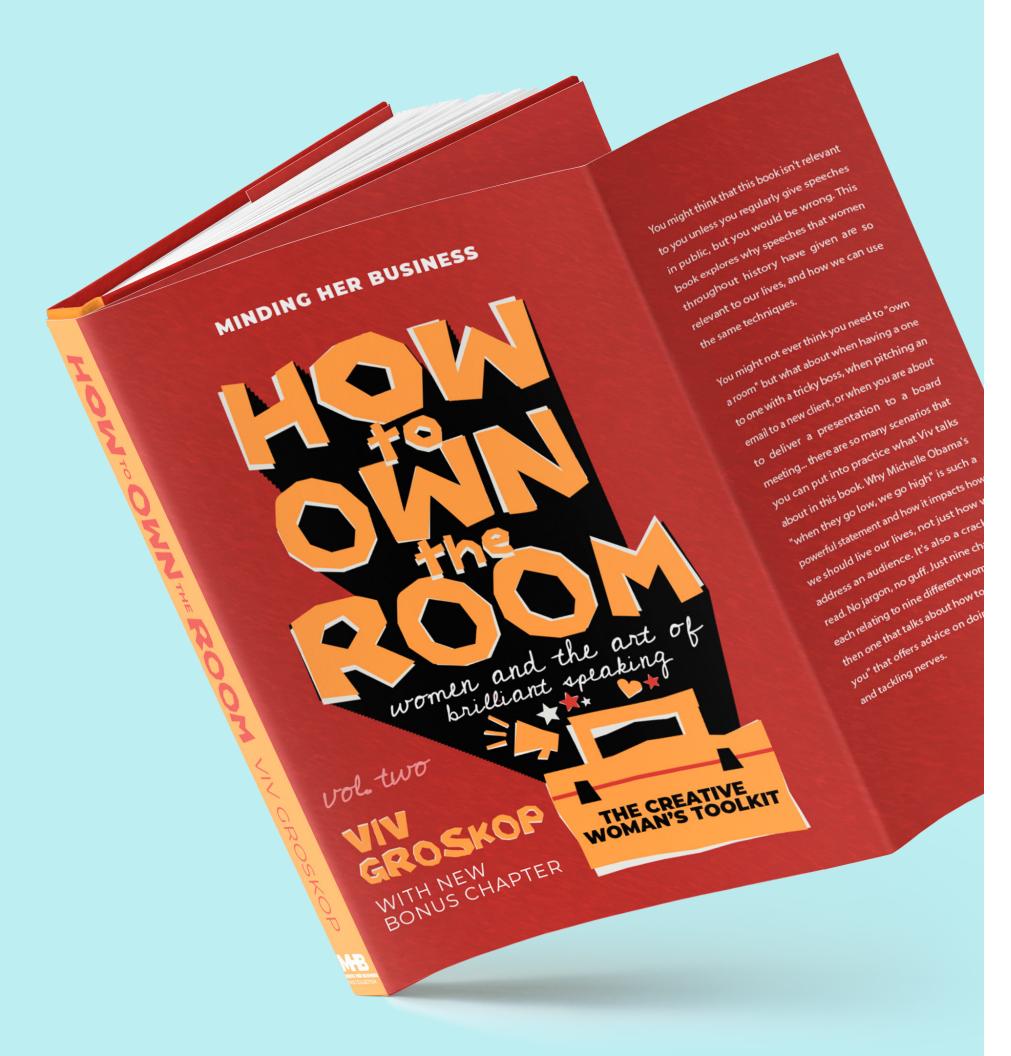
Skin care box set





Minding Her Business

Colourful and bold book series design for creative women in business.



Minding Her Business is a book series as "The Creative Woman's Toolkit".

The concept for this book series project was to create a a fun, colourful, "scrapbook" design inspired by New York School style artists such as Saul Bass. Using a 'papercut font' combines with layering and block style icons that change across each book cover. A jagged cut toolbox with the tagline in it was aimed to look as if the title of the book is projecting out of the toolbox. The secondary typface was a handwritten script font to enhance the crafty and playful style of the design. A textured, pencil crayon background was used to again create more dimension and layers to the covers. Each book changes the colour combination while maintaining the same layout and style.

CREATIVE WOMEN IN BUSINESS - SERIES

Synopsis



1. HOW TO OWN THE ROOM: WOMEN AND THE ART OF BRILLIANT SPEAKING by Viv Groskop

Most books about public speaking don't tell you what to do when you open your mouth and nothing comes out or what to do in the moments when you are made, as a woman, to feel small. They don't tell you how to own the room. This book does.



2. BIG MAGIC: CREATIVE LIVING BEYOND FEAR

by Elizabeth Gilbert

Whether we are looking to write a book, make art, find new ways to address challenges in our work, embark on a dream long deferred, or simply infuse our everyday lives with more mindfulness and passion, Big Magic cracks open a world of wonder and joy.



3. THE FINANCIALLY EMPOWERED WOMAN: EVERYTHING YOU REALLY WANT TO KNOW ABOUT YOUR MONEY by Tracy Theemes

Women today feel heavily burdened in their lives. Career pressures, family responsibilities, the impossible ideal of the superwoman, and a culture that still assumes that men are better equipped to deal with money. In this book, Theemes unpacks the social and emotional roots of the problem and firmly but gently leads readers to greater self-awareness and empowered decision-making.

Authors

1. VIV GROSKOP

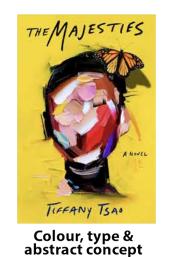
Viv Groskop is a British journalist, writer and comedian. She has written for publications including The Guardian, Evening writes on arts, books, popular culture and current affairs, identifying as a feminist.

2. ELIZABETH GILBERT

Elizabeth Gilbert is the #1 New York Times bestselling author of Eat, Pray, Love, as well a Pushcart Prize winner and National Magazine Award-nominated journalist. Her journalism has been published in Harper's Bazaar, Spin, and The New York Times Magazine, and her stories have appeared in Esquire, Story, and the Paris Review.

3. TRACY THEEMES

Tracy Theemes is a Certified Investment Advisor with a previous 12-year career as a practicing counselor. As co-founder of Sophia Financial Group, she specializes in educating women in money matters and empowering them to take control of their financial lives.





Colour & blended text into the art



Calm colours with minimalism, textures

THE MINDFULNESS

JOURNAL

CORINNE SWEET

Wrapped text & use of white space



Colour & collage style with wrap text

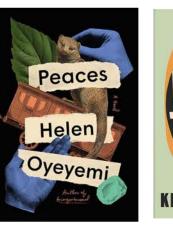
Swiss style design with focus on text

School style design

YOU

F. SCOTT

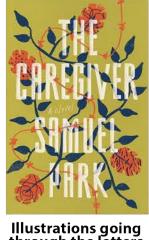
FITZGERALD



KRISTEN ARNET

Unique colours & collage style

Clever with New York





Hand-drawn style & pops of colour



Bright colours with integrated text/image

Illustrations going through the letters



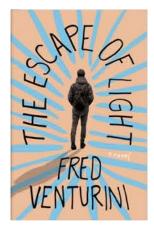
Illustion with text & colours



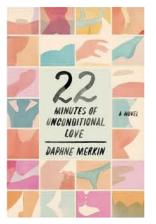




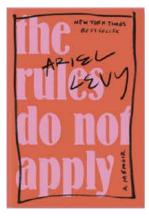
Illustration & minimal text



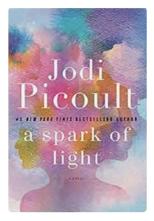
Typography & single image



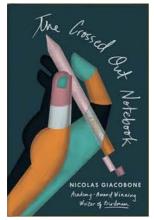
Layout, colours, & centered typography



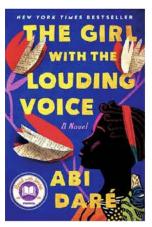
Big text with hand written style/messy



Water colours, with silhouettes



Colour palette & illustration & text



Colours, balance & paper cut collage

CREATIVE WOMEN IN BUSINESS - SERIES

Potential Series Titles

- 1. MINDING HER BUSINESS
- 2. HER BUSINESS ESSENTIALS
- 3. SHE MEANS BUSINESS

Potential Series Tagline

1. TAKING THE LEAD IN BUSINESS & LIFE

2. THE CREATIVE WOMAN'S TOOLKIT

3. YOUR START, TO EMPOWERED LIVING

Keywords

- Empowerment
- Business
- Creativity
- Success
- Art

- Women - Leadership - Independence - Self-Development - Confidence

Possible Typefaces

massive headache Paper cutout Cutting corners

I Y P P O L T

Possible Colour Palette









Chosen Direction (sketches)



TRACY THEEMES

is a Certified Investment Advisor with a previous 12-year career as a practicing counselor. She specializes in educating women in money matters and empowering them to take control of their financial lives. In her book The Financially Empowered Woman, Theemes brings these two areas of expertise together in a unique and compelling resource for women who want to gain mastery over their financial lives and gain confidence.

Jacket design by MEGAN BARKER Editing by SYLVIA TAYLOR and MACCIE LANGRICK

Twitter: @TracyTheemes Facebook: TracyTheems Instagram: @Tracy_Theeme

an imprint of Penguin Random penguin.com мнв

Hundreds of Theemes' female clients from across the socioeconomic spectrum confess feelings such as anxiety, guilt and overwhelm around their money. In The Financially Empowered Woman, Theemes unpacks the social and emotional roots of the problem and firmly but gently leads readers to greater self-awareness and empowered decision-making.



TRACY THEEMES

MHE

MINDING HER BUSINESS

S

vol three TRACY THEEME

5 STEP PLANNING

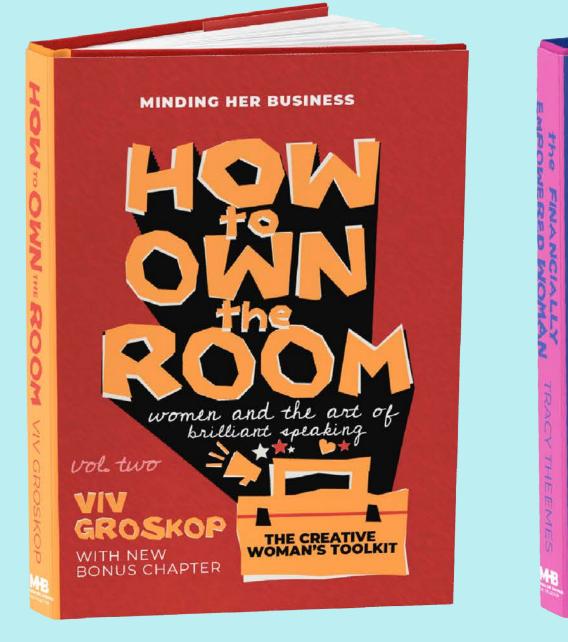
GUIDE INCLUDES

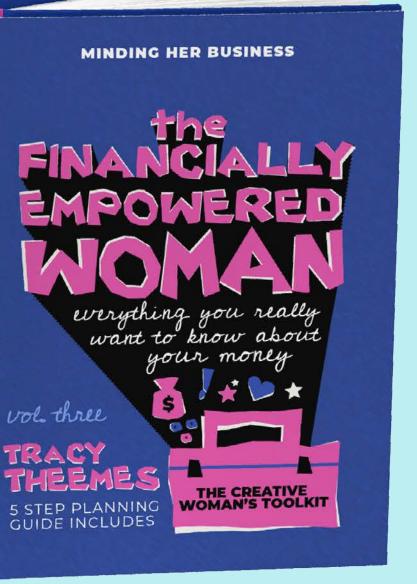
THE CREATIVE WOMAN'S TOOLKIT Tracy Theemes knows money, and she knows women. As a certified Investment Advisor, Theemes is an expert in wealth management. As a former therapist and counselor, Theemes has deep insight into how thoughts, feelings and beliefs shape her clients' money-related behaviour.

In her book The Financially Empowered Woman, Theemes brings these two areas of expertise together in a unique and compelling resource for women who want to gain mastery over their financial lives but need advice and encouragement to do so. After mastering they why, it's time to move on to the how. Theemes offers a concise and accessible five-step planning guide that every woman can follow to get her financial life on track and keep it there. A comprehensive glossary of financial terms and explanation of financial products and processes equips readers with every piece of information they need in order to make informed, prudent decisions regarding their financial lives.





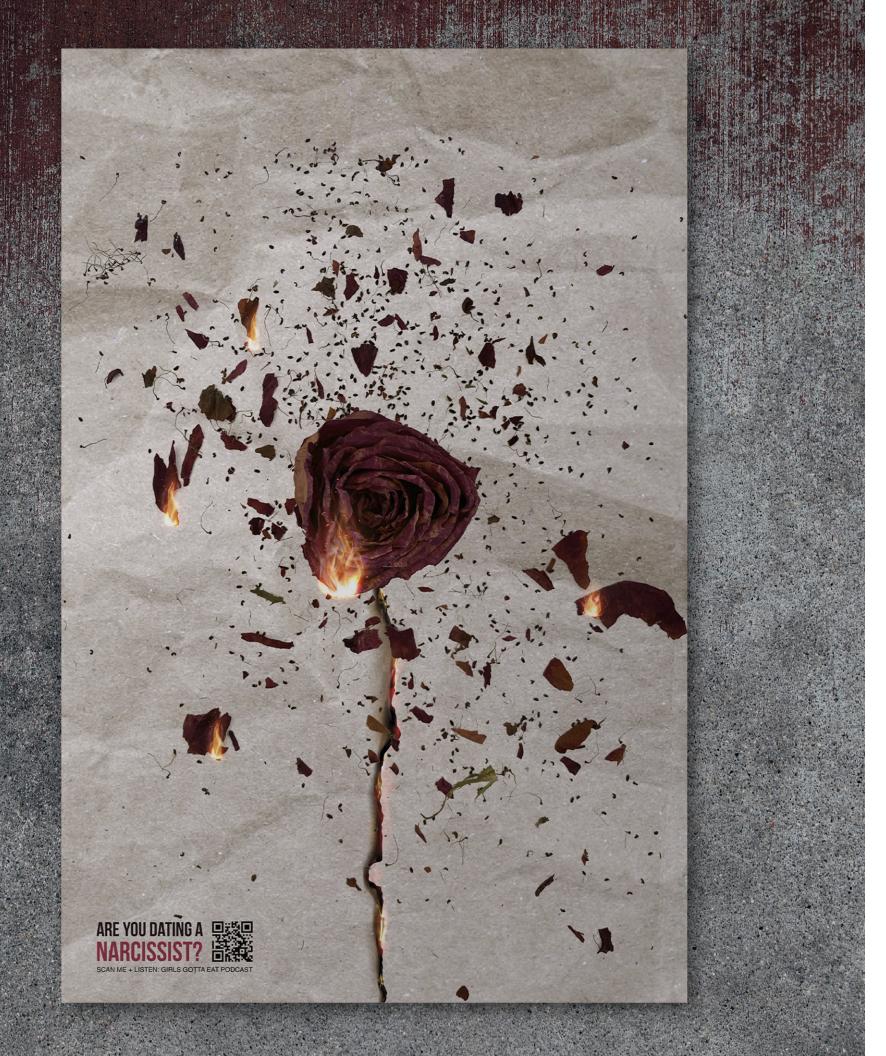




Are You Dating a Narcissist?

Poster Campaign

Bringing awareness to the warning signs of dating a toxic or narcissistic person.



Poster campaign to bring awareness to emotional abuse and manipulation tactics in relationships and dating.

A series of 6 posters using dead and damaged roses to represent the emotional, spiritual, and physical deterioration that can come from a toxic relationship.

Each poster has the same QR code linking to an informative podcast episode called "Are You Dating a Narcissist?" by the Girls Gotta Eat Podcast (see next page). They talk narcissism and dating with a true expert -- clinical psychologist, professor of psychology, and best-selling author Dr. Ramani Durvasula.

Are You Dating a Narcissist? feat. Dr. Ramani Durvasula



It's the long overdue, much-needed episode on narcissists with a true expert -- clinical psychologist, professor of psychology, and best-selling author Dr. Ramani Durvasula. We are discussing what a narcissist actually is, why people are attracted to them, what dating one looks like, what to do/how to leave if you're dating one, and the effect dating a narcissist can have on you. Dr. Ramani also breaks down the differences between narcissists, sociopaths, and psychopaths, and we hit her with burning questions like "What happens when two narcissists date?" and "Are we all a little bit narcissistic?" Before she joins us, we catch up on Ashley's ghosting situation, and a trash DM Rayna received. Hope you enjoy!

Check out Dr. Ramani on YouTube at DoctorRamani and visit her website at www.doctor-ramani.com.

Follow us on Instagram @GirlsGottaEatPodcast, Rayna @ Rayna.Greenberg, and Ashley @AshHess. Visit our website for tour dates, merchandise, and more.



SCAN ME + LISTEN



Mood Board/Topic Idea

NARCISSISTIC ABUSE AWARENESS POSTER CAMPAIGN

Potential Names

- 1. ARE YOU DATING A NARCISSIST?
- 2. NARCISSISM AWARENESS
- 3. NARCISSIST WARNING SIGNS

About

A campaign to bring awareness and support regarding narcissistic abuse and emotional manipulation. A series of 6 posters that outline the warning signs and stages of dating a narcissist.

- Poster 1: Love Bombing (idealization)
- Poster 2: Gaslighting (manipulation)
- Poster 3: "Death by 1000 paper cuts" (devaluing)
- Poster 4: Discard Phase (Hoovering)
- Poster 5: Closure
- Poster 6: Recovery (resources)

Target Audience

Women who are dating and/or stuck in a narcissistic relationship. Highly Sensitive People and highly empathic people who attract narcs.

Typography & Colour



