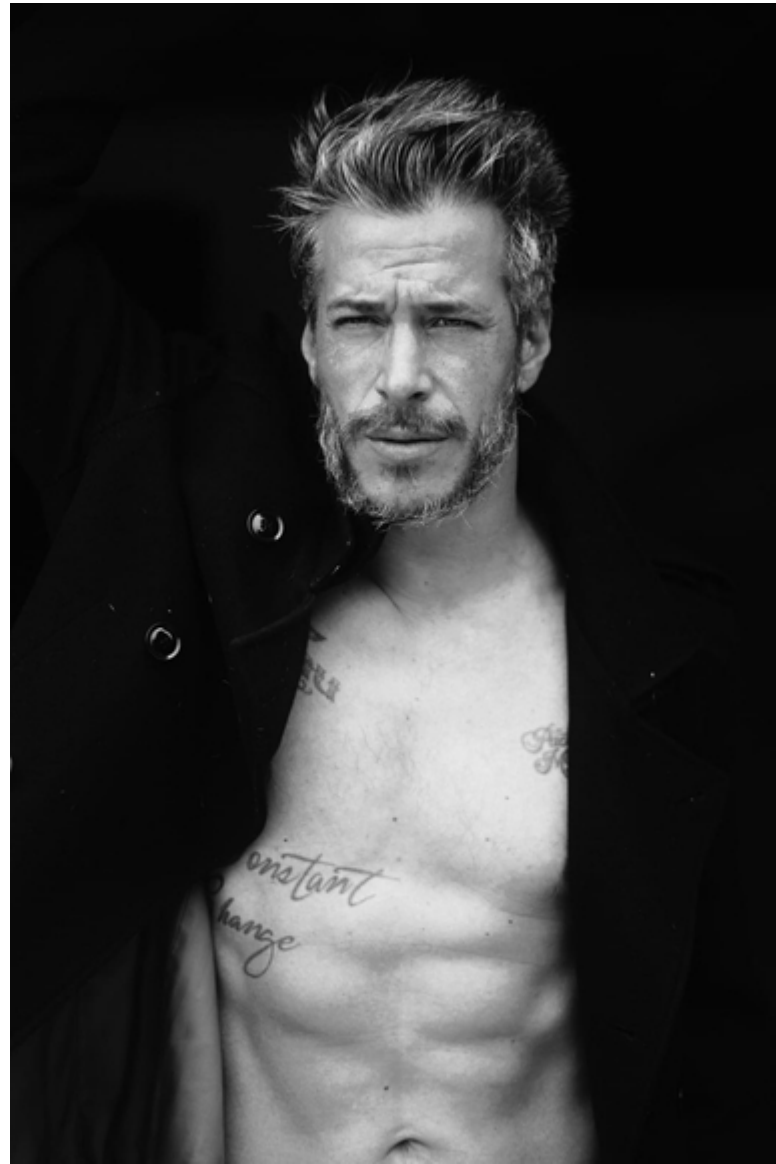
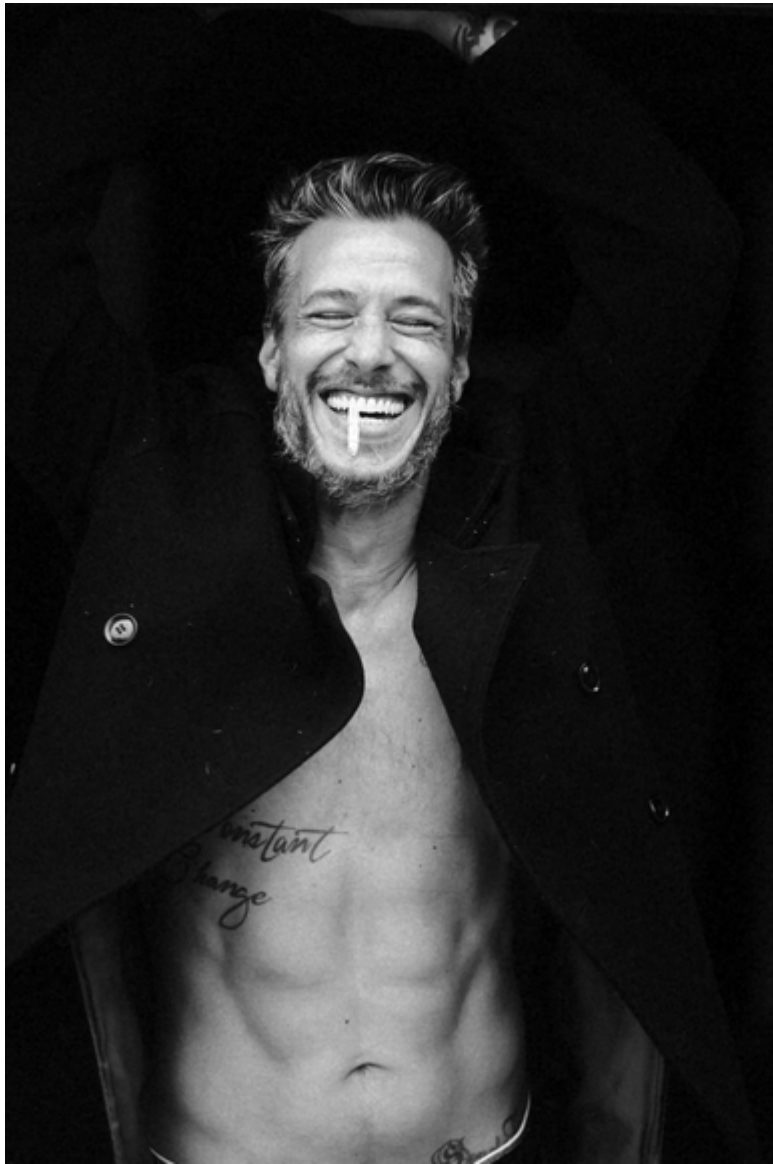




Federico Fernandez

Hair Colour: Dark and Grey Height: 187 cm Shoe: uk 11 | eur 46 Waist: 85 cm Chest: 104 cm
Eye: Green



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Federico Fernandez, actor & musician, 44 (he/him)

"I started meditating seven years ago. I have seen a drastic, drastic change. I had no patience. I was always regretting the past or fearing the future — such a waste of imagination. 95% of what you fear never happens, and you're stressing all the time. In this society, everyone is going 100km/h in first gear, you're going to give up, or your body is going to give up, or your mind is. I think the most essential thing you can do is to be of service, in every way that you can. For some men, not being the breadwinner takes away masculinity, they feel like less of a man taking care of the house and children. It takes a pair of huge f—ing balls to run a house."

25

Shirt, R12 495, Alexander McQueen; tie, R3 400, Row-G
Opposite page: Coat, POR; shirt, POR, both Loxton Kulca; N21 shirt, R9 890; N21 shorts, R10 490, both Hydraulics Avantgarde; Exton sneakers, R4 990, Europa Art Shoes



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FASHION /



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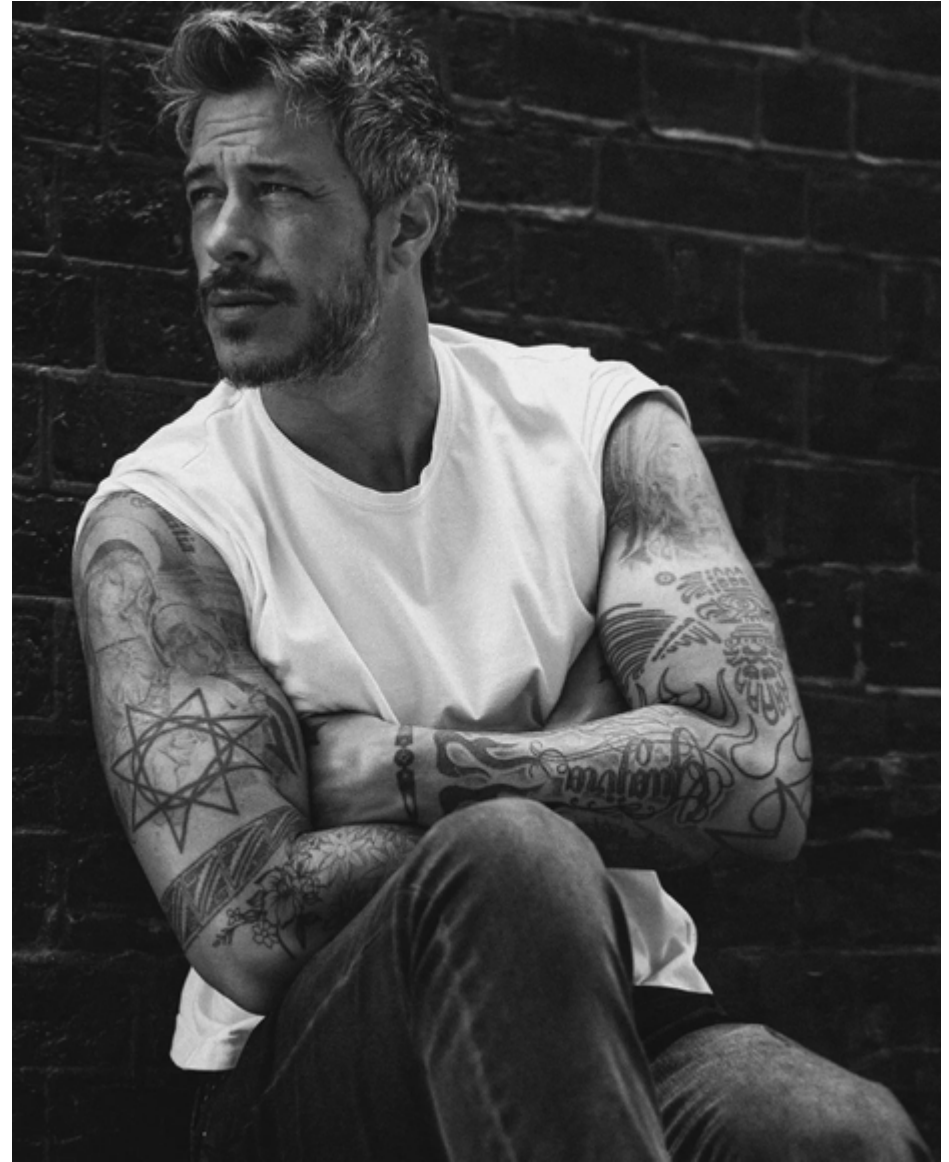
Cartier Santos Automatic Sange-model watch in yellow gold and steel, 9240 900. L'Amateur Paris: denim jeans, R3 299. Calvin Klein

1002

Chrysoelek necklace in platinum with rubellites, chrysoptul, onyx, and diamonds. PDK, Cartier

52. Federico /
Astra

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