

SUPPORTING BREAST CANCER CARE

MAGAZINE OF THE YEAR

woman & home

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luxe up

OUR LOOK

Shoe & Bag A list
50 of the best

THE NEW ANTI-AGERS

the skincare menu
the hair gloss plan
the 1 make-up buy

SURPRISING RULES TO BREAK

THAT MAN
FROM THE PAST
riskiest lunch?

NEVER LOOKED

so good

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CLARE BALDING

"I've got a lot of faults but I'm not trying to be anything I'm not"

FAST-TRACK TO A FLAT TUM

Midweek diet weekends off!

KARREN BRADY
Your next big step

GILLIAN FLYNN
Gone Girl exclusive

HELEN MIRREN
Facing fears



PLUS Mary Berry's tips for success

7 Surprising rules to BREAK

Do you have times when life doesn't measure up to your ideals? Try taking a fresh look at living by the book



OUR EXPERTS

CHRISTINE WEBBER Author of *Too Young To Get Old* (Piatkus) and *How To Mend A Broken Heart* (Bloomsbury), and a psychotherapist with a practice on Harley Street
DR NICOLA BUNTING Author of *Who Do You Want To Be?* (Piatkus), is an internationally renowned life coach (la-vita-nuova.com)

1 We must be happy all of the time

Being sad doesn't mean you're not coping. We've had the importance of "positive thinking" drummed into us for decades. Whether struggling with a cancer diagnosis, a broken marriage, empty-nest syndrome or just fleeting insecurities, we're somehow expected to wipe away sad feelings and focus on the good stuff. But denying how we really feel isn't always possible – or healthy or true. Most of us either know a friend or been that person who has

battered away a sympathetic overture with a brusque "it's fine, it's fine" when it's anything but. Humans have evolved to experience the whole repertoire of emotion, all of which serve a purpose. Embracing sadness and accepting feelings of pain is a key part of recovery, helping you think about and come to terms with whatever has upset you, whether it's big or small. Crucially, it also drives you to find solutions and accept offers of support.

2 Success is the opposite of failure

We're raised to see two distinct camps – one to aspire to, the other to fear. There's "success" or "failure". "Winners" or "losers". But a look at the bigger picture shows the categories

are blurred, interconnected and one leads to the other. Success comes from trial and error, refining things that didn't work first time. We all have to fail, at some level, to learn. If you don't learn, you don't succeed. It's what you do with the experience that counts.

Yes, not getting a particular job or promotion is disappointing but it may lead you in a different direction that, in the longer term, pays off. Maybe your son needed to "fail" his A-levels in order to wake up, decide what he really wanted, experience life when his friends had departed and pull his finger out. Even an unhappy marriage can lead to a second, happy one.

For every "success" in life, there are lots of setbacks that push us forward. They may feel like failures, but time will show them to be stepping stones on your journey. >>

"We all have to fail, at some level, to learn"

the life edit

3 Routine equals rut

Yes, surprises are great and we all love new things, but that's not the same as a life without any fixed points. Marking Friday night with a glass of wine and a great box set to watch with your husband or friends may sound ordinary, but it's that very predictability (and looking forward to a stress-free chance to flop) that makes it a hugely enjoyable wind-down. We all know children need routine – it gives them security. But as adults, routine is also a comfort zone that makes us feel rooted.

Of course, a break from "same old, same old" is good from time to time – that's why holidays are valuable. But don't you love coming home and getting back to normality?

THE
RULE
BOOK

4 If you work hard, you'll be successful

We probably start learning this in school. The harder we cram, the more we'll be rewarded. If we put in extra hours staying late in the office, regardless of work-life balance, we'll earn enough brownie points to guarantee "success". Yet slogging away all hours, devoting your every waking thought to work is a sign that something is amiss. It's about "working smart", not "working hard". The more experience you clock up, the easier it is to assess the appropriate slice of time and energy needed to finish a task well. You no longer need to prove yourself by being last out the door – your track record should speak for itself. Most important, you've hopefully built a career that plays on your strengths, passions and unique brilliance. The real sign of success is to be able to achieve at work and still have time for a full life outside of the office.

"It's about 'working smart' not 'hard'"

5 You need to be rational

How often, when we look back on wrong decisions, do we find ourselves saying, "I knew deep down..."? We're supposed to think our decisions through and weigh up the pros and cons, but we've all had times when our instincts have taken over. Maybe it was buying a house – the property didn't fulfil your wish list on paper (wrong period; too far from the station), but when you walked through the door it felt like home. Maybe it's a new colleague. He hasn't done anything "wrong" but there's something about him that makes you wary. (Later, when he takes credit for your work, you're not surprised.) Although we're told to prioritise "logical" thinking, studies show that our innate response, our deeper, ancient "animal" brain, is often faster and more accurate. Next time you have a choice to make, visualise yourself taking each path and note how each one makes you feel.

"Routine is a comfort zone that roots us"

6 Beautiful women have it easy

They've hit the jackpot! They make friends easily, get the pick of the men – they even get an easier run at work. That may seem true when you're young and insecure, but as the years clock up, you probably know a few gorgeous women who didn't have all the luck after all. Like everyone else, they'll have had their fair share of disappointment. They're just as likely to be divorced and lonely as anyone else too (the relationship history of many supermodels is proof of that). Few of us have everything, but what is absolutely true is that we all have something. Recognising and making the most of your special attributes counts way ahead of perfect features or a great body. Life is a long game and recognising the potential of the cards you've been dealt and using them well is the only winning formula.

7 Life will be perfect when...

It starts young. That must-have toy, which we believe is going to make us happier and more popular in the playground. And perhaps it did – for a week maximum. With teens it may be the latest phone. That pattern repeats through life, though our wishes may become more complex. The idea that life will one day be "perfect" and you'll finally be able to relax and enjoy it is illusory. Contentment isn't dependent on external factors. Stop chasing the idea of the moment when everything comes together to create "perfect" and instead set yourself free to enjoy the right now. Focusing on what life has given us already does more for our sense of happiness than any item on a wish list. w&h

