

HELLO!

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**WORLD
EXCLUSIVE**

**PISTORIUS GUILTY
OF MANSLAUGHTER**

**DEVASTATED JUNE AND BARRY STEENKAMP SHARE
POIGNANT PHOTOS AND MEMORIES OF TRAGIC REEVA**

ROYAL SPECIAL

KATE AND WILLIAM'S BABY JOY

**WHY THE TIME
IS RIGHT FOR
A PLAYMATE
FOR GEORGE**

**'We are
immensely
thrilled'**



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**READY TO WED AMAL IN VENICE
GEORGE CLOONEY
'I CAN'T WAIT TO BE A HUSBAND'**

**WALTZING OFF TO MONTENEGRO
SIR BRUCE FORSYTH
TELLS WHY HE'S DANCING ON AIR
AFTER QUITTING 'STRICTLY'**



EXCLUSIVE

HARRY AT 30: HOW THE PRINCE CELEBRATED WITH HIS ROYAL TEAM

WELLBEING

All in the Mind

Want to be happier and more successful? According to one specialist, your aims could be a lot more attainable than you currently think

We have all enjoyed the way a different hairstyle, new clothes and updated make-up can make us look and feel. Similarly, fresh paint colours and curtains can totally transform a room. But have you ever thought about ways to improve your thoughts?

"It amazes me that people are constantly striving to improve their homes, the way they look, even their bodies, but they never think about making over their minds, the way they think," says business success coach Sharron Lowe, author of *The Mind Makeover: The Answers to Becoming the Best You Yet* (£13.99, Piatkus). Having spent the past 20 years coaching people who work for luxury brands including Chanel, Calvin Klein and Estée Lauder, as well as working with the charity Centrepoin to help homeless young women build self-confidence, Sharron is a believer in the power of positive thought.

"I am always disappointed when I meet someone and ask how they are and they reply, 'I'm fine.' Because 'fine' is not really good enough, is it? 'Fine' means that someone is just okay, probably bored, unfulfilled, apathetic and living without passion – and that is draining and exhausting."

So just how do we go about changing that? "Positive thinking leads to positive actions, and positive actions lead to happiness and success not only without yourself, but in your relationships, your career and life in general. You really can change that negative pattern into a positive one."

According to Sharron, rethinking the way we think takes just five steps. Here is her advice: **Be mindful** Your mind is your greatest treasure. Your thoughts work exactly like boomerangs: they swing back to you and hit you as emotions. These emotions trigger your actions and what you do creates your life as you know it now. So make a conscious effort to store positive thoughts and



experiences to give you the confidence to be successful. Learn from, then delete all the negative experiences and thoughts; don't dwell on them. You can think you can do something or you can think you can't do something – either way you will prove yourself right.

Be positive Make your inner voice – what you say when you talk to yourself – your friend, not your enemy. Focus on what is right and good in your life, on all that you appreciate and are grateful for now. That way, you will attract more of the good stuff back to you. Focusing on what you

think is wrong or lacking in your life is negative. Tell yourself daily: "I am braver than I have been yet, way smarter than others think and mentally stronger than ever before." Your inner voice will attract all the energy, positivity, opportunities and belief you need to live the best life possible.

Imagine better Use your imagination to visualise and create your best life yet. Never misuse it by imagining worries and worst-case scenarios that haven't even happened yet.

Plan your life goals – what is it you want to have, be and do – and begin in your imagination. Visualise your goals as being your reality now. It is like watching a trailer for a brilliant film that is about to be released. **Break the pattern** Tell yourself: "If I always do what I've always done, then I will always get what I have always got," and: "Hell starts in the moment that who we are now meets up with the person we could have become." Smash outside your comfort zone by considering when was the last time you did something for the very first time, then go and do just that. You will find it thrilling when you do.

Control your reactions If you don't like something, change it. And if you cannot change it, then change the way you think about it. Sometimes we all have to do a job we don't like, spend time with people who drain us emotionally, do a task we really dislike or that challenges us and at which we fear we may fail; but don't moan about it or shy away from doing it. Instead think about what you gain from doing it and doing it to the best of your ability. Then feel good about yourself for completing the task, finishing the job and going outside your comfort zone. That is how you become more experienced, more confident and happier. ■

• For more information about Sharron's work, visit sharronlowe.co.uk.

HEALTH NOTES



➔ **Go green** Want a power-packed powder to add to your daily juice or smoothie? Aduna Moringa, £7.99, from Holland & Barrett or visit aduna.com, is a food-state extract of the leaf of the Moringa tree – known as the Miracle Tree – that is rich in antioxidants, iron and vitamin A. Celebrity fans are said to include Lily Cole (above left).



➔ **Pin it** Designer Celia Birtwell has created a set of pretty limited-edition badges to raise funds and awareness for Macmillan's World's Biggest Coffee Morning, which this year takes place on 26 September. The badges are available from M&S Cafés and stores. For more information, visit macmillan.org.uk.



➔ **No pregnant pause** Photos of such pregnant stars as Mila Kunis and Kelly Rowland (left) at exercise sessions should inspire expectant mums to carry on with working out – but what sports bra should you wear? Try Cake Orange Zest Sports Bra, £44 plus p&p, a full, structured nursing and maternity design. Visit cakelingerie.com.