

# PSYCHOLOGIES

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MAGAZINE

**JOANNE FROGGATT** talks *Filth* with Irvine Welsh

**THE POSITIVE BEAUTY AWARDS**

Best feel-good buys from head to toe

**TRAVEL**

Three trips to transform your life

**NOT ENOUGH TIME OR MONEY?**

Find out why on page 62

**Three in a bed: are you competing with a smartphone?**

**18-PAGE SPECIAL**

## Make a fresh start!

- **Begin!** Again, again and again. It's OK
- **Commit!** Take action with our 7-point plan
- **Celebrate!** Be brave and have fun

**+ TEST: DISCOVER WHERE TO MAKE THE FIRST STEP**



# Dance with a difference

Check out a dynamic evening of dance and conversation with Karen Ruimy, and log on for a one-hour webinar with the 'godmother' of life coaching, Barbara Sher

**Karen Ruimy is the kind of one-woman, creative dynamo we love at *Psychologies*. She reached board level in the world of finance at the age of 28**, but always knew there was more to life. Walking away from the high-flying career, Karen pursued her dream to dance and sing, immersing herself in the world of flamenco, producing shows in both London and Paris with the likes of *Strictly Come Dancing's* Craig Revel Horwood. Karen has also written two albums. Her second, *Come With Me*, reached number two in the dance charts with DJ Paul Oakenfold providing the beats. She's also the author of two spiritual books, *The Angel's Metamorphosis* and *The Voice Of The Angel* (Quartet Books, £12 and £8.99, respectively). Now Karen is returning to the stage and we are delighted to announce that she has offered us free tickets to give away to see her exclusive new show 'Karen Ruimy Presents...' this November.



## WIN SHOW TICKETS!

We have 10 pairs of tickets to give away to our readers\*. The two performances will take place on 12 November and 3 December at a secret central London location. For a chance to win tickets, simply follow @karenruimy on Twitter and tweet Karen with #secretlondon. Alternatively email competition@karenruimy.com with your details and 10 winners will be chosen at random for each night, and be notified with the location and directions for how to get there. For further information about Karen, visit karenruimy.com.



## FREE WEBINAR

Join Barbara Sher, author of the one million bestselling book *Wishcraft: How To Get What You*

*Really Want*. Learn how to start new projects, and how to manage multiple projects. Create a dynamic new beginner's mindset. You will discover your strengths and skills and turn your fears and negative feelings into positive tools.

Join us on 17 September at [psychologies.co.uk/events/barbara-sher-free-webinar.html](http://psychologies.co.uk/events/barbara-sher-free-webinar.html). See page 44 for more from Barbara



## WE MEET...

Cheryl Strayed tells the story of her 1,100-mile hike across the US in her *New York Times*-

bestselling memoir *Wild: A Journey From Lost To Found* (Atlantic Books, £8.99), which vividly captures the terrors and pleasures of this life-changing journey. Join our editor Suzy Greaves as she speaks to Strayed about fear, anger, grief and healing at the School of Life in London on 17 October.

Tickets, £25, are available at [theschooloflife.com](http://theschooloflife.com)

FOR MORE PSYCHOLOGIES EVENTS, visit [psychologies.co.uk/events](http://psychologies.co.uk/events)