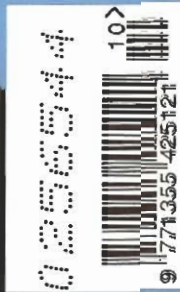


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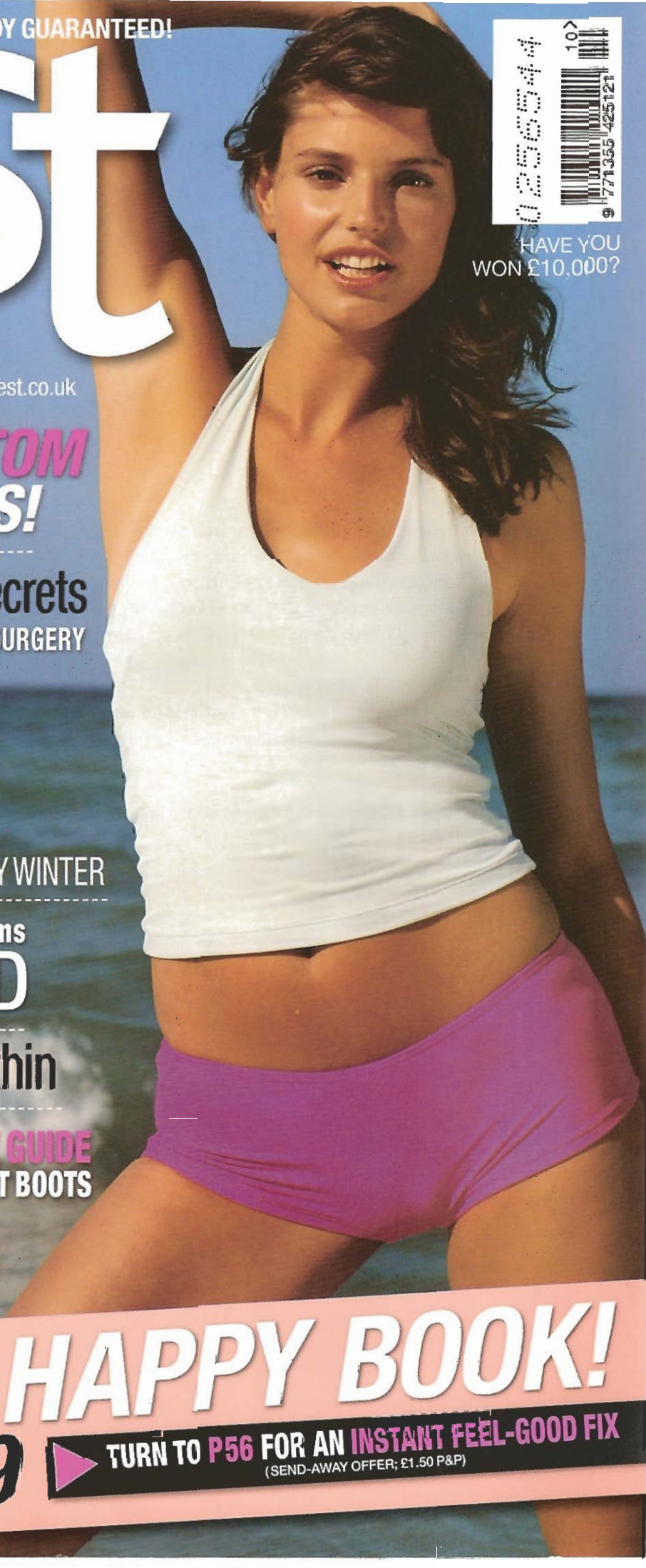
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# At last I can *let go of the past*

» We gave Rebecca West, 30, a brand manager from Newbury, all the advice she needs to get over a difficult break-up... As told to **Rebecca Speechley** Photographs **Liz Gregg**



## REBECCA TOLD US...

'My ex-boyfriend and I were planning to move in together when I found out he'd cheated on me. I was devastated. To get over it, I found a new job and bought a new car, but it hasn't made me happy. I don't think I know the real me and my confidence has taken a knock. I hit the gym three times a week, but I'm still not as slim or as toned as I'd like to be. I also feel my style is stuck in a rut – my hair and clothes really need an overhaul. I often worry that I'll never find a new partner and I have no idea how to go about meeting someone new. I want to feel happy, sexy and confident again – help!'

Styling Kellie Dagggett. Hair and make-up Athena Skouvakis. Skirt, top, bag and shoes, New Look (0500 554004). Jewellery, Freedom at Topshop (01277 844188). All other clothing on this spread, Rebecca's own



# THE ADVICE

## THE LIFE COACH



Michael Myerscough is a life coach who specialises in dating and relationships. For more information, call 020 8374 2499 or visit [www.therelationshipgym.com](http://www.therelationshipgym.com).

**Michael says** 'To help Rebecca get over her old relationship, I asked her to write a letter to her ex to explain how angry she feels and what she'll miss about him. This is just for her and she shouldn't send it to

him. Rebecca was surprised at how upset she still felt, but acknowledging the pain will help her deal with it. To give her closure, I got her to write a reply from her ex that answered her questions and thanked her for letting him know how she feels. I then asked Rebecca to draw up three lists of the qualities she wants in a new partner: the non-negotiables, the nice but not essentials and the icing on the cake. With these in mind, I suggested she asks friends to set her up on blind dates or try speed-dating. The thought might make her cringe, but it's a great way to get comfortable with making a brilliant first impression.'

## THE SPIRITUAL TEACHER



Richard Lawrence is a meditation expert and co-author of *Realise Your Inner Potential* (Aetherius Press, £9.99; DVD, £15.99). For more information, call 020 7736 4187 or visit [www.innerpotential.org](http://www.innerpotential.org).

**Richard says** 'Meditation is a great way to reduce stress and help you feel calm. Done regularly, it could really help Rebecca feel more in control of her life. To get her started, I gave her a breathing exercise.

I asked her to sit on a hard-backed chair, breathe in deeply and then breathe out for the same amount of time. After a few minutes, I asked her to try to clear her mind, then imagine standing on a beautiful beach facing a calm ocean. Once she'd created the scene, I asked her to let it develop and told her that whatever happens represents a vision of the future. If the sea got rough, that could indicate a troubled patch, while the appearance of other people could indicate that new relationships or old friends may become significant in her life. After a few minutes, I asked her to bring the scene back to the calm beach as this would help to remind her subconscious that she's in control.'

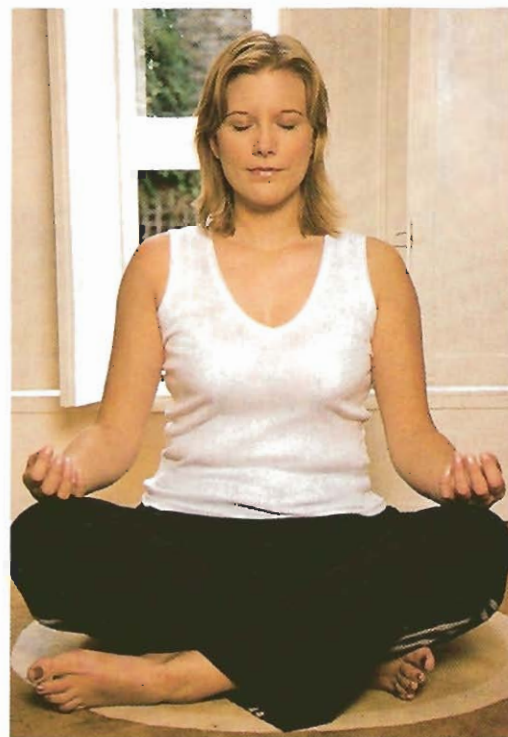
## THE HAIRSTYLIST



Gina Conway has two salons in London. Rebecca visited the Gina Conway Aveda Lifestyle Salon in Westbourne Grove (020 7229 6644 or 020 7731 7633 for Fulham Road; [www.ginaconway.co.uk](http://www.ginaconway.co.uk)). A cut and colour cost from £55 each.

**Gina says** 'Rebecca has gorgeous, shoulder-length, honey-blonde hair and it's in great condition, but she hasn't had a decent cut in years. I ran some wheat-coloured highlights around

her hairline and added some caramel lowlights to give her hair some movement. I used a 97% natural dye, which won't dry or damage her hair. A strong fringe and layers around her face gave Rebecca a more striking look and helped to emphasise her blue eyes. She wanted to keep the length so I added some layers to take out some of the weight and to give her hair more life and texture. For a natural, tousled look that's very "now", Rebecca can just wash and go or she can blow-dry it for a more sleek and polished look. ➤



*'Meditation is a great way to reduce stress and will help Rebecca feel calm and more in control of her life'*

Richard Lawrence, spiritual teacher







## TWO WEEKS LATER... THE VERDICT

'I feel so much more positive. Michael encouraged me to look at my relationship logically instead of emotionally, which has helped me deal with what happened. I haven't tried speed-dating yet, but feel that I'm confident enough to give it a go. I always thought meditation was for hippies, but Richard has really opened my eyes to it. Luke made me realise what a wimp I've been in the gym and I'm loving my new training plan. My hair's great, too – subtle and sexy. It was also great to explore different looks with Kellie and she has inspired me to revamp my wardrobe. I finally feel I'm back in control of my life.' □

Would you like to be considered for a Life Makeover? If so, send a photo of yourself, your phone number and a letter giving us details of what you would like to change about your life to Life Makeover/Zest, National Magazine House, 72 Broadwick St, London W1F 9EP.

# THE ADVICE

## THE PERSONAL TRAINER



Luke Sadler is a personal trainer at Cannons Health Club in Newbury. To find a Cannons Health Club in your area, call 0870 7808182 or visit [www.cannons.co.uk](http://www.cannons.co.uk).

**Luke says** 'Three gym workouts a week help to keep Rebecca fairly fit, but she doesn't have a structured exercise routine and isn't

working hard enough to tone up her muscles and lose weight. I set her some goals to keep her on track and stop her hitting a plateau. During each workout she should aim to spend 30 to 40 minutes doing cardio work on the cross-trainer, treadmill and bike, and another 30 to 40 minutes on strength-training. Rebecca enjoys running, so during one of her weekly workouts she should spend her cardio session on the treadmill and work up to a 5K run. Once she's managed that, she can add in some interval-training and try to increase her speed and distance.

'To tone up, Rebecca needs to do more strength-training. Sitting at a desk all day doesn't help Rebecca's posture and her chest muscles have become short and tight. To sort this out she needs to strengthen her back muscles and stretch out her chest. She needs to do the same for her other muscle groups, too, as this will give her a lean and balanced look.'

## THE STYLIST



Kellie Daggett is Zest's in-house stylist.

**Kellie says** 'Jeans, plain T-shirts, black trousers and shirts make up Rebecca's wardrobe. Her look is plain and simple, and she feels it's too casual

and boring. She doesn't have to dress smartly for work so she lives in the same outfits seven days a week.

'I wanted to keep Rebecca's look casual because that's what she's comfortable in and it works for her lifestyle. For a work look, I kept her jeans, but paired them with a deep blue/green silky vest with a sequined neckline and a little cardigan tied under her bust. It's still a simple look, but the sequins and layering add a bit of glamour. I accessorised the outfit with some beaded moccasins and ethnic-style jewellery. Rebecca can find everything she needs on the high street; she just needs to have the confidence to try something different now and again to update her wardrobe.

'For the weekend, I gave Rebecca a smarter look with a long gypsy skirt. She'd usually choose a straight, knee-length pencil skirt because she's worried that long skirts make her bottom half look big, but this tiered skirt actually gives her a more streamlined look. I chose a Grecian-style vest top as the loose fabric and cowl neck are really slimming. A pair of wedge-heeled sandals, a beaded bag, bangles and bronze-coloured necklace finished the outfit. The neutral colours are gorgeous on her and the ethnic style looks great with her new tousled haircut.'