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Megan Young

Miss Philippines Megan Young, a US Native, Crowned Miss World in Bali <http://eonli.ne/1azo5la>



Tom Hanks

Tom Hanks' Inconvenient Ship Experience, Talks About Conditions Filming Captain Phillips <http://eonli.ne/>



Jessica James

The cutest thing you'll see all day! @EricDecker87 and @TheJessicaJames taking care of a baby! #EricAndJessie pic.twitter.com/



Beyoncé

Beyoncé and Jay Z Top Vanity Fair's List of Power Players, but Are They Really the Most Powerful Couple? <http://eonli.ne/GMWByI>



Kate Middleton

Kate Middleton Flash-es Flat Stomach Three Months After Giving Birth at Sportaid Athlete Workshop <http://eonli.ne/>



Chloë Grace oretz

Chloë Grace Moretz's Mom Found It "Difficult" to Watch Her Daughter Get Abused in Carrie <http://eonli.ne/>



Tom Cruise

Does Tom Cruise ever age?! He looks amazing! Love that leather jacket:) <http://eonli.ne/>

Psychology

POSITIVE SELF –TALKING



Dr. Maria Grammenou

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Ask yourself what would make you happy? Maybe a new wardrobe, a faster car or moving to a different city? People often think these things are the key to feeling good, but experts say only about 10% of a person's happiness is related to them. 90% of happiness has to do with your general outlook on life.

You can learn a lot about your own worldview by paying attention to "self-talking": the conversation you have in your head about yourself and the world around you. Even more important, changing how you talk to yourself can actually help change your perspective too.

Focus on the Positive
Martin Seligman, a professor of psychology at the University of Pennsylvania, has studied the ways people explain the positive and

negative events in their lives. He states: Pessimists form worldviews around negative events and exclude anything good that happens to them Optimists tend to distance themselves from negative events and embrace the positive.

When you make a mistake there are two ways to perceive it. An optimist is more likely to tell himself it's temporary and become fixable. A pessimist is more likely to say it's a reflection of his permanent state.

Whichever view you take is partly determined at birth. Scientific researches demonstrated that there is a genetic component to pessimism, but it's not 100%, it's also possible to raise one's general level of happiness by shifting one's own perspective.

Self-Talking can work for You

Self-talking can affect your perspective. It can boost you up or put you down. Athletes use positive self-talking to reach their personal bests. Some people use negative self-talking to justify the ruts they find themselves in. Here are some examples of negative self-talking and ways to make more positive self conversation.

When Something Bad Happens
Start with daily setbacks. If you miss your

train or come down with the flu, don't treat it as a catastrophe. Instead, tell yourself it's an inconvenience to cope with and then get on with your life.

Instead of:
1"I'm going to be late and my boss will never forgive me."

Say:
"I'd better call work and let them know I missed the train."

Instead of:
2"I'm always the first one to get sick and the last one to get well."

Say:
"A lot of people are getting sick. I need to wash my hands often, and take care of me"

Instead of:
3"I take too long to make a healthy meal."

Say:
"That recipe would take too long to cook on a Weeknight."

When Something Good Happens

You passed the test. Is it because you are a good student who will go far in life, or did you just get lucky? When good things happen, internalize success with some self-reward.

Instead of:
1I got a raise, now they're going to expect me to do more work."

Say:
"I'm a valuable employee and I deserve this raise"

Instead of:
2"They think I'm cute? they need to get their

glasses checked."

Say:
"I bet if I ask them what they think, They will say I am cute."

Instead of:
3"You're just saying you like the meal."

Say:
"I'm a great cook."

In Social Situations

Negative self-talking can be common in social situations, especially if you feel nervous. Positive self-talking can help you put social gaffes in proper perspective.

Instead of:
1"I'm never comfortable at parties."

Say:
"I felt awkward at the party but I met some interesting people"

Instead of:
2"I always stop my diet."

Say:
"I have trouble control-

ling myself around food"

Instead of:
3"I have no focus."

Say:
"I find it more difficult to focus when I'm tired."

Positive self talking can be learned

Adopting a more positive language and worldview can pay off, however. People who focus on the present and appreciate what they have today are more happy, energetic, and hopeful. Happiness opens your mind to new possibilities, creative thinking, and interest in social situations. Happier thoughts could give you fewer things to feel bad about, the choice is yours!

Ask the Dr. directly every Thursday from 10:00 am until 12:00 noon on 22444429.



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Fashion

APPLE: 'EARLY ADOPTER' AS FASHIONISTA



Reuters -- To much fanfare, Apple announced Tuesday that Angela Ahrendts is resigning as chief executive officer of Burberry and joining the inner circle in Cupertino, California. "Apple-polishing" has become the headline du jour. Picturing the soignée Ahrendts surrounded by geeks in jeans and hoodies, we might be forgiven for wondering why Apple feels in need of a fashionista buff-up. After all, there is hardly a product line more shiny-bright than Apple's — or one with less affinity to the cold exclusivity of the world's great fashion houses.

But the extraordinary affection that iPhones inspire is different from the anxious ostentation surrounding high fashion.

However sublime couture may be, it is neither lovable nor practical. Nor does using it feel like participating in a major hu-

man advance. There is something wondrous about Apple products in the ease and pleasure they afford their users, connecting us in unprecedented ways to other people, to our surroundings and to the world of ideas.

In contrast to beautiful, yet exclusive and often unaffordable fashion products, "Apple was the first company that took high design and made it mainstream," Phil Libin, Evernote's chief execu-

tive officer, explained. "It taught the world taste."

What should we make of high tech's embrace of high fashion? Some might say that marketing is marketing — whether the product is an iPhone or Burberry's latest open-toed plaid booties. Until now, however, the images of these products could not have been more different. It is as if a health-food company had suddenly sought guidance from the marketers of Dom Perignon.

Much as we love bubbly, we might fear for the future of granola.

This is by no means the first time in the history of design that technology and fashion have been entangled. Art deco, a sleek 1920s machine aesthetic, inspired evening gowns with the look of automobiles and skyscrapers. The 1920s Bauhaus movement advocated universal access to elegant design through the forms and economies of mass production. In the 1960s André Courrèges, trained as a civil engineer, "built" geometric fashions out of plastic and metal. His miniskirts and space boots conveyed the glamour of NASA's rocket program, like the cartoon clothing of The Jetsons and the stylized uniforms on Star Trek.

In these various movements, fashion provided an instant reinterpretation of technological developments. But now the

Technology

'Electronic blood' powers computer

UPI -- IBM researchers in Switzerland have unveiled a prototype of a new brain-inspired computer powered by what they're calling "electronic blood."

The scientists at IBM's Zurich research center say they are learning from nature, building computers fueled and cooled by a liquid, like the human brain, which boasts phenomenal computing power while consuming only tiny amounts of energy.

In the IBM prototype, a "redox flow" system pumps an electrolyte "blood" through the computer, carrying power in and taking heat out. The electrolyte is charged via electrodes and pumped into the computer, where it discharges energy to the processor chips and then carries heat away as it exits.

The technology could, by 2060, yield a one-petaflop computer -- something that once would have covered half a football field, but made small enough to fit on a desktop, the researchers said.

"We want to fit a supercomputer inside a sugarcube," IBM researcher Bruno Michel told the BBC. "To do that, we need a paradigm shift in electronics -- we need to be motivated by our brain."

"The human brain is 10,000 times more dense and efficient than any computer today."

"That's possible because it uses only one -- extremely efficient -- network of capillaries and blood vessels to transport heat and energy -- all at the same time," he said.

Human brains run on 20 watts of energy, whereas today's supercomputers can consume 85,000 watts.

"Ninety-nine percent of a computer's volume is devoted to cooling and powering," Michel said. "Only 1 percent is used to process information. And we think we've built a good computer?"

Business

France's 'Booster' socks reach mass market



AFP -- It counted some of the world's greatest sportsmen among its clients, from car racer Alain Prost to Zinedine Zidane, but the French maker of Booster sports socks, BV Sport, faced the classic challenge of conquering a mass market.

BV Sport began out of a collaboration in the early 1990s between Serge Couzan, a specialist in blood circulation problems associated with athletes, and doctor and Olympic ski champion Michael Prufer.

The two men developed gradual support socks -- still patented today -- that improve muscular performance and speed up recovery.

The socks provide calibrated pressure in the calf area so as to speed up circulation, unlike traditional products that placed pressure on the ankle.

Quadruple Formula One champion Prost was one of the earliest converts to the socks.

"According to him, he won a tenth of a second for each lap" thanks to the comfort of the socks, said BV Sports chief executive Salvatore Corona.

The company also equipped the French football team that triumphed at the World Cup in 1998.

Despite Booster's success, the company based in the Loire valley was going through a difficult period when Corona took over in 2007.

The company took in only 150,000 euros (\$205,000) annually with just one multi-tasking employee.

Corona admitted he hesitated before taking the job.

At first "I could not see the interest because, for me, 'varicose veins stockings' were for grannies."

But then he realised his reaction was the problem the company needed to tackle with branding and marketing, and that there was incredible potential as the socks were at that point only being sold to professional athletes.

"When you have the know-how you have to make it known."

Space

PERU AIR FORCE BRINGS BACK ITS UFO PROBE TEAM

AFP -- Peru's air force has said it is reviving a department to research anomalous aerial phenomena -- in other words, UFO sightings.

For people "who observe seemingly unconventional phenomena, which cause surprise or concern, know that there

is an institution that will study and research your information," Colonel Julio Vucetich said.

The Department of Investigation of Anomalous Aerial Phenomena, or DIFAA, will bring together sociologists, archaeologists and astronomers, as well as air force per-

sonnel, to analyze how often these events occur, where and what times, Vucetich said, according to the official Andina news agency.

DIFAA was first created in 2001, but it had been closed down five years ago due to administrative problems.

Similar agencies exist in regional neighbors, including Brazil, Argentina and Chile.

Peru's office is now being reopened because of "increased sightings that are occurring in the country and that people are reporting to media," Vucetich said.

According to media reports, residents of the town of Marabamba, in the central Andes, this week saw luminous objects in the sky over several days.