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BODIES SPECIAL
HOW WE GO
OUR AMAZING
NEW LOOK



Nikki Grahame

Our favourite columnist gives us her news and her views on this week's biggest celebrity stories...



Silence is not golden for Cheryl



Cheryl Cole has said she talks to herself and I can understand that because I do it! She says she hates being on her own so much she chats to herself to avoid the silence. Well, I think being single suits her as she's been looking so happy lately! Although, if she got together with Will.I.Am, I think they would be a match made in heaven!

My Diary

I had a bit of an unlucky few days last week as I had a power cut and my car broke down! I'm now looking for a new one. I did some filming for a *Big Brother* show about memorable housemates and moments and that more than made up for it, though. It will be screened before the final series.

I'm really into watching *The City on MTV* at the moment, so I've been catching up on that while the weather's been bad. Last weekend, Mum and I went to Dorset to visit a family friend, who we call Grandad. He's been poorly, so get well soon!



It's splitsville for Dawn and Lenny

I can't believe Dawn French and Lenny Henry have split up after 25 years - they're comedy royalty and belong together! I guess they must have grown apart. I imagine it will be

an amicable separation as they won't want things to be awkward for their daughter Billie. It's sad to see Jim Carrey has broken up with Jenny McCarthy, too. What's going on?!

Dannii looks amazing

Dannii Minogue has been showing off her baby bump and has never looked better. Her skin is radiant and she is looking so pretty. Pregnancy definitely suits her!

I love the new Marks & Spencer adverts that are on TV, too. They're the best ones yet and Dannii looks absolutely gorgeous in them. I'd love to see her modelling maternity outfits and swimwear next.



I'm loving...

Soulmate

Food. You choose a diet plan and they deliver it to you



twice a week. All the food is organic and the plan is tailored to suit you. Visit www.soulmatefood.com/food for info.

Jordan is a real fighter

Jordan recently admitted that she felt suicidal at times while suffering from depression after her son Junior's birth. The fact she came through it shows how strong she really is.

Being a parent is tough at the best of times, never mind while you're not well. She seems to be able to cope with anything life throws at her, though, and her new hubby Alex seems to be a real support.

