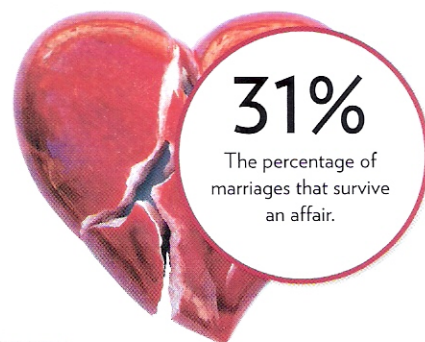




PEOPLE WISE



SHOPPING GENES

Differing shopping styles between genders could date back to our caveman ancestors, say researchers at the University of Michigan. Women are foragers, spending the whole day picking through racks (bushes) looking for choice items (berries and fungi). It is a social activity and can include children. Men are hunters – they want to get in, get the item (meat), and get home quickly. Taking children along could be dangerous and could slow him down!

PAST IN THE PAST

Q How can I leave my emotional baggage in the past?

A Maureen Callister is a kinesiologist and NLP practitioner who runs emotional release workshops at Synergy Integrated Medical Centre (04-3485452). She says, "Unresolved emotional responses can accumulate and clutter up our lives. To clear the baggage, acknowledge and accept it, forgive your ex-partner and yourself, and be grateful for what the experience has taught you. Above all love yourself. The culmination of your life experiences makes you who you are." Sign up for the next workshop on January 20.

Simple steps to healthy relationships and emotional wellbeing. By Louisa Wilkins.



YOUNG, BUSY AND ANGRY

If you are a young, busy mother, who's stuck for cash, you are at the top of the risk list for anger. A study from the University of Toronto took information from more than 1,000 Americans and identified three core anger-stressors: time pressures, financial pressures and interpersonal conflict in the workplace. In addition, factors that boosted risk of anger included age (apparently younger adults are more stressed, and therefore angry); having low levels of education; and being a parent, a factor which seemed to be more anger-inducing in women than in men.

A therapist associated with the study recommends focusing on one thing at a time, rather than multi-tasking, and advises that a simple diary can help.

FEELING IN COLOURS

Everything on the planet – from a bubbling volcano to a glass of water on your nightstand – gives off energy. In inanimate objects, this energy is usually stable. In living creatures, the energy changes depending on our health, feelings and surroundings. For most, these energy auras are invisible, although we may pick up on them subconsciously, such as when we have an 'instinct' about someone or feel that they are sad. Some people are gifted at seeing auras, and can use this ability to help others lead more balanced lives.

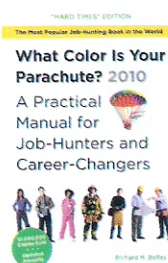
Abu Dhabi-based Shivani Adalja has been able to read auras since she was a child. She combines her gift with feng shui and neuro-linguistic programming (NLP) to offer holistic consultations and workshops. For details, visit www.pathwood.com.

I like to be intimidating, to sort of own the room.

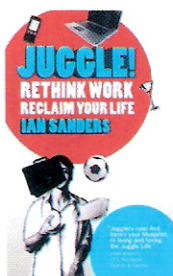
— Twilight Actress Noot Seear

3 BOOKS FOR CHANGING CAREER

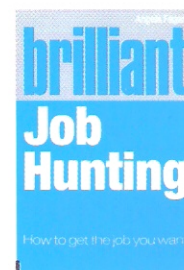
Work out which path is best for you and get your new career-ball rolling.



1 *What color Is Your Parachute? 2010: A Practical Manual for Job-Hunters and Career-Changers* by Richard Bolles (Ten Speed Press), Dh68, Jashanmal



2 *Juggle! Rethink Work, Reclaim Your Life* by Ian Sanders (Capstone), Dh65, Magrudy's



3 *Brilliant Job Hunting* by Angela Fagan (Pearson Education Limited), Dh89, Jashanmal